

## Sunscreen Facts – Tanning

Experts recommend products with an SPF (Skin Protection Factor) of at least 15. The number of the SPF represents the level of sunburn protection provided by the sunscreen. An SPF 4 blocks out 75% of the burning UV rays while an SPF 15 blocks out 93% of the burning UV rays; an SPF 30 blocks out 97% of the burning UV rays.

It is important to remember that sunscreen does not provide total protection. When using an SPF 15 and applying it correctly, you will get the equivalent of 1 minute of burning UV rays each 15 minutes you spend in the sun. So, 8 hours in the sun wearing SPF 15 sunscreen is the same as spending 32 minutes unprotected. Reflective surfaces like water, snow, and sand can actually cause exposure to more UV rays. For high-glare situations, a higher SPF sunscreen or zinc oxide may be used on your nose and lips.

Products labeled "waterproof" provide protection for at least 80 minutes even when swimming or sweating. Products that are "water resistant" may provide protection for only 40 minutes. Most sunscreen products expire within two to three years, but you should check the expiration date on the container for the date it becomes ineffective.

Be sure to apply the sunscreen properly. For maximum effectiveness, apply sunscreen 20 to 30 minutes before going outside. Be generous. About one ounce of sunscreen should be used to cover the arms, legs, neck and face of the average adult. Less is needed for a child. For best results, most sunscreens need to be reapplied about every 2 hours.

Be generous. About 1 ounce of sunscreen (a "palmful") should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating. Remember that sunscreen usually rubs off when you towel yourself dry, so you will need to reapply.

Take the Sunscreen Quiz

<[http://www.cancer.org/docroot/PED/content/PED\\_7\\_1x\\_Take\\_the\\_Sun\\_Safety\\_Quiz](http://www.cancer.org/docroot/PED/content/PED_7_1x_Take_the_Sun_Safety_Quiz.asp?sitearea=PED)  
.asp?sitearea=PED>

This information provided by The American Cancer Society

<[http://www.cancer.org/docroot/PED/PED\\_7.asp?sitearea=PED](http://www.cancer.org/docroot/PED/PED_7.asp?sitearea=PED)>

If you do get sunburned, Aloe Vera Juice really works! Most resorts have Aloe growing on property. If you don't see any, ask one of the landscapers! To apply, cut a leaf from the plant (at the base), trim the spines and then slice laterally to make two open face surfaces. Rub the gel on irritated areas. The juice of the freshly cut leaf is very pungent and will stain! The gel inside is clear, and soothing. A few drops of Lavender Essential Oil in water (use a spray bottle, or add drops to a cool bath) is also soothing.