

## EVER WONDERED HOW SUNSCREEN ACTUALLY WORKS?



The aim of any broad spectrum sunscreen should be to protect the skin against the two kinds of UV rays which reach us: UVA rays (longwave ultraviolet A) that penetrate into the deeper layers of the skin, and UVB rays (short wave ultraviolet B) which are responsible for the topical burning of the skin.

There are even two types of sunscreen:

Physical sunscreens form a protective layer (or physical shield) on the skin which has the ability to block or reflect the sun's rays.

Chemical sunscreens absorb the sun's rays and neutralise them.

To achieve the Sun Protection Factor (SPF) reflected on a bottle of sunscreen, approximately two milligrammes of sunscreen per square centimetre of skin should be applied.

In practice, this means using the equivalent of a shot glass (two tablespoons) of sunscreen to the exposed areas of the face and body – a R5 coin-sized dollop to the face alone.

**READ MORE:** <http://bit.ly/2OVSunscreenj>