

Protect yourself from sun damage

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As the sun is responsible for up to **80% of all skin ageing**, dermatologists and aesthetic doctors all agree that one important anti-ageing tip is to protect your skin against the damaging rays of the sun.

Visible signs of ageing from **sun damage** can appear as early as your twenties, but generally it is only later on that the real damage comes to the surface. The more diligent you are protecting your skin, the better your chances are of looking younger for longer.

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/protect-yourself-from-sun-damage>