



# Sun Protection

## Why is it important?

The sun has two damaging rays, UVA and UVB. The UVA rays cause premature aging of the skin in the form of lines and wrinkles and age spots. UVB rays are the burning rays of the sun. Anyone who has ever had a sunburn, knows the damage.

Until a few years ago, it was believed that only the UVB rays, the burning rays were damaging. Now, however, dermatologists have learned that the UVA rays do the damage mentioned above. Today, most sunscreens contain ingredients that block both UVA and UVB rays. You must be diligent and check though. Also, always get a sunblock with an SPF of 15 or higher.

## What's my number?

Most people think that the SPF number on the bottle indicates the strength of the product. This is a common misconception. The number of the SPF indicates the amount of time you can stay in the sun and be protected. To determine your SPF number, calculate the amount of time it takes you to get even a slight burn at the beginning of the season. For most people that is 15-20 minutes. You would then multiply the SPF number on the bottle by the amount of time it takes you to burn and then you will know how long you can be out in the sun, i.e. 20 minutes times SPF 30 = 600 minutes or 10 HOURS. That is why Mary Kay doesn't make a sunblock of higher than 30 SPF. Very important thing to remember is that you must reapply according to the direction on the product. Our Mary Kay sunblocks recommend reapplying every 80 minutes or roughly every hour and a half. If you are using our Day Solution SPF 25, this product is for use all day when going about your day. When you plan on spending extended time outside, be sure to have our sunblocks with you too, so you can apply that as time passes.



Everyone needs sun protection, even during the winter months. I'm proud to offer Sun Essentials® sun care products to my customers because they're great for the whole family.

### **Important Facts About MK Sun Essentials Sunscreen:**

- Moisturize and helps skin remain supple and soft
- Protects from skin damage, freckling, and uneven coloration
- UVA and UVB protection
- Water and Sweat Resistant : retains its protection for at least 80 min in the water
- Clinically tested for skin irritancy and allergies
- Protects from Sunburn
- Oil-Free
- Fragrance Free
- **Granted the Skin Cancer Foundation Seal of Recommendation**

### **Important Facts About MK Sunless Tanning Lotion:**

- Provides a natural-looking tan that won't wash off
- Retains color for 3-5 days
- Does not contain sunscreen
- Oil-Free
- Clinically tested for skin irritancy and allergies
- Shelf life of 2 years

For best results, cleanse and exfoliate with Satin Hands and Body Cleansing Gel and Buffing Cream or Satin Hands Smoothie scrub before applying lotion.

