

## Skin Cancer Awareness Month: 5 Ways To Protect Your Skin From The Sun

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Now that the warm weather has arrived, it's likely that spending time outside is on the agenda. Unfortunately, along with sunny skies comes exposure to damaging elements such as UV rays and free radicals.

We spoke to top dermatologists to discover tips on staying safe and healthy in the sun.

### 1. Make SPF Part of a Regular Routine

According to Dr. Richie Lin, M.D., F.A.A.D., board-certified dermatologist, staying sun smart and safe should be an all-year-long goal, not just something practiced in the month of May.

"Sun protection should be applied every day, all year long," says Dr. Lin. The doctor advises patients to apply broad spectrum coverage from both UVA and UVB rays every day, rain or shine, prior to getting dressed in the morning.

### 2. Don't Forget About Hard-to-Spot Areas

Apply sun protection all over the body, making a point to cover areas that are likely to be forgotten. These may include the area of the hairline where hair naturally parts, leaving skin at the scalp exposed; the lips, where skin is thin and sensitive; and between the toes when wearing open-toe shoes.



### 3. Travel Everywhere with Sun Protection

"Wherever you're going, sunscreen should be the first thing you throw in your bag," says **Rebecca Baxt, M.D., M.B.A., F.A.A.D, board certified dermatologist**. Opt for a convenient travel size version like [Avène](#) Ultra-Light Hydrating Sunscreen Lotion Spray SPF 50+ (\$11.99), which carries The Skin Cancer Foundation Active Seal of Recommendation. Its UVA/UVB filter system also includes protective antioxidants and long-lasting hydration benefits utilizing soothing Avène Thermal Spring Water from France.

### 4. Choose the Right Type of Protection

When participating in sports and activities outdoors, be sure to use sunscreens specific for physical activities. [Kiss My Face](#) cool sport mineral air powered spray lotion SPF 30 is water-resistant up to 40 minutes and is eco-friendly with a hydrating blend of antioxidants aloe, cucumber and green tea. It applies easily and is available for \$19.99. More serious sweat sessions may need a higher level of protection such as [Sun Bum](#) SPF 70 original spray sunscreen, which provides broad spectrum UVA/UVB protection. Originally created with surfers in mind, the ultra-sheer formula includes Vitamin E to neutralize free radicals that cause premature skin aging and is \$15.99.

## 5. Drink Up with a Sun Care Supplement

Technology has led to new forms of sun care taken as dietary supplements. Osmosis Harmonized Water UV Neutralizer, described as the world's first drinkable sunscreen, is purified water imprinted with unique, vibrational waves that isolate the precise frequencies needed to provide protection from UV Rays.

"UV Neutralizer, when ingested, reaches the skin in an hour and vibrates cancellation waves of UVA/UVB and Infrared frequencies," says Dr. Ben Johnson, M.D., the founder of Osmosis Skincare. "It only cancels the damaging sun waves while still allowing the healthy aspects of sun exposure to come through. Just like science has proven that we can cancel sound waves, UV Neutralizer does this at a quantum level using scalar waves." It's available for \$30 and should provide up to three hours of sun protection.

