

Summer Skin Care Guide

by [Treatments for Your Skin](#)



The first thing to know is that all skin types need sunscreen as all skin can burn, even the darkest. The best course of action you can take against sun damage to skin, premature aging and skin cancers is to apply sunscreen to your skin (read more about sun damage on skin).

Skin Types

The American Academy of Dermatology recognize 6 different skin types:

- **Type I:** This includes people of Caucasian descent (Welsh, Scottish, Irish). This is skin that never tans and burns very easily. People with this skin type are extremely sun sensitive. (If you have red hair and freckles then this is definitely you).
- **Type II:** This skin type includes Caucasians with fair skin, light hair and blue eyes. You have very sun sensitive skin, burn easily and tan minimally.
- **Type III:** This includes dark haired Caucasians and the average Asian skin. This skin type is sun sensitive however it can gradually tan to a light brown and sometimes burns.
- **Type IV:** Those who are of Mediterranean or Caucasian descent, Indian, Hispanic, Middle Eastern, Asian and light skinned African American. This skin type always tans to a moderate brown with minimal burning and has minimal sun sensitivity.
- **Type V:** This includes people of Asian, Hispanic, Middle Eastern, African American and Indian descent who tan well, rarely burn and have sun insensitive skin.
- **Type VI:** This describes deeply pigmented Africans and African Americans. This skin type is sun insensitive and never burns.



Examples of different skin types

Applying Sunscreen

Use your sunscreen daily, apply it under your makeup or alternatively you can use foundation or moisturizers that already have SPF protection in them. Protecting your skin from the sun is the main means of protecting your skin for skin cancers and premature aging. Sunscreen is the best anti-aging cream!

Apply sunscreen to your skin 30 minutes before going out. Make sure to pay specific attention to the face, shoulder, arms and hands (which are regularly exposed). Your lips can get sunburned too so make sure you add lip balm which contains SPF 15 protection or higher.



Apply sunscreen liberally every 1 to 2 hours and apply immediately after swimming.

What Does SPF Mean?

Sun Protection Factor (SPF) relates to the skin's natural protection time. For example, if you can normally stay out in the sun for 10 minutes before burning, then an SPF 15 will maintain the skin protected for 15 times longer, hence $15 \times 10 = 2 \frac{1}{2}$ hours. The higher the SPF factor the more defense against UVB rays. SPF is a system that only categorizes UVB rays, not UVA rays. As yet there is no universally recognized UVA rating system. When buying a sunscreen be sure to look for a product that says "broad spectrum" on it, although even this is not very accurate. In the meantime use zinc! Sunscreens containing 4 to 7 % zinc are the best at blocking UVA rays. Also look for Avobenzone (absorbs UVA rays) and octyl-methoxycinnamate (absorbs UVB).

What is the Difference between Sunblock and Sunscreen?

The difference between sunscreen and sunblock is namely that sunscreen absorbs UV rays and Sunblock physically deflects them. These days sunblock formulations offer substantive protection from UVB and UVA through the use of titanium dioxide or micronized zinc (both natural ingredients which do not irritate the skin) which are absorbed well into the skin and are not visible like old zinc is. You still can purchase the old think and it is great for surfer, mountain climbers, children and anyone else who spends much time in the sun. It comes in cool colors too.

Is Sunscreen / Sunblock Enough?

NO! especially if you have a family history of skin cancers. The current sunscreens on the market will not protect you from the sun 100% make sure you use protective clothing, wide brimmed hats and stay out of the sun as much as possible between 10 am and 3 pm.



Always wear wide brimmed hats when outdoors

Choosing a Sunscreen

Firstly for the best protection choose and SPF 15 or higher and make sure that the sunscreen contains zinc or avonbenzone/Parasol 1789 to block UVA radiation.

Daily Use Sunscreen For Your Face:

Apply every morning after you have washed your face.

- [SkinCeuticals Sun Defense SPF 20 Or 30](#)
- [Olay Complete UV-Protection Moisture Lotion](#)
- [M.D. Forte Environmental Protection Cream SPF 30](#)
- [Cetaphil Facial Moisturizer](#)
- [Clinique City Block SPF 15](#)

For Your Body:

Invest in a really good sunscreen for your face neck and chest that is waterproof and has zinc and SPF 30 or more.

- [SkinCeuticals Sport SPF 45](#)
- [Copperstone Sport SPF 45](#)
- [Skin Care Invisible Zinc Environmental Protector SPF30](#)

For Acne Prone Skin:

Gel based sunscreens are best for acne prone skin, look for ones that say "noncomedogenic" (meaning it will not make acne worse). Normal creams and lotions should be fine as long as they don't cause breakouts. Some sunscreen products to consider for acne prone skin:

- [Shiseido Ultimate Sun Protection Cream SPF 55](#)
- [Clinique City Block Sheer Oil-free Daily Face Protector SPF 25](#)
- [Presun Ultra Gel Sunscreen SPF30](#)
- [Olay Complete All Day Moisture Lotion SPF 15, Sensitive Skin](#)

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