

SLIP, SLOP, SLAP

You can't have fun in the sun without UV protection!



Chemists' Own
Dry Touch
Sunscreen Lotion
SPF 50+, \$13.95

Natural Instinct
Invisible Natural
Sunscreen SPF
30, \$15.99

Avène Very
High
Protection
SPF 50+
Lotion,
\$28.95

Clinique Sun
Virtue-Oil
Body Mist
SPF 30, \$40

solar D
sunscreen

Selective UVB
Filtering Technology
EVERYDAY
ACTIVE

Solar D
Everyday
Active
SPF 50,
\$16.49

Sun Bear
Sunscreen
SPF 50+,
\$34.95

Nivea Sun
Moisturising
Sunscreen
Spray SPF
50+, \$20.99

80%
of profits go
to saving the
endangered
sun bear

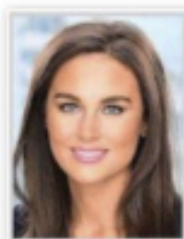
Finer details

"While the percentage difference in UV light blocked between an SPF 30+ (96.7 per cent) and SPF 50+ (98.33 per cent) may seem small, the reduction in UV light getting to the skin is significant – almost a 50 per cent reduction (3.33 per cent vs. 1.67 per cent)," says dermatologist Dr Annika Smith.

"Reducing the amount of light getting to our skin by 50 per cent means we're doubling the time it'll take to get burned or cause any pre-cancerous changes."

Size matters

Californian dermatologist Dr Jeffrey Schneider says 35ml of sunscreen covers the average



Dr Annika Smith
Fellow, Australasian
College of
Dermatologists

adult body surface (1.73sq m).

The Teaspoon Rule states you should use more than half a teaspoon of sunscreen on each arm, the face and neck; a whole teaspoon for the front of the body; and a teaspoon for the back of the body and each leg.

Time factor

"Apply sunscreen 20 minutes prior to heading out the door. This allows the product to be evenly dispersed and absorbed into the superficial layers of the skin," Dr Smith says.

And, most importantly: "Don't forget to reapply every two hours when you're outdoors."