

# Fun & Fabulous Forever

*Looking good is not a matter of size or age--It's a matter of confidence that comes from self-awareness followed by the ever important self-acceptance.*

Brought to you by  
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## A GOOD SKINCARE REGIMEN IS PRICELESS!

The appearance of your skin can show or hide your true age. According to makeup artist Robert Jones, there are three major causes of skin aging: sun exposure, smoking, and the natural aging process.

If you smoke, we wouldn't be the first ones to tell you to quit; and since natural aging is something we can't change, let's focus on what we can do something about: sun exposure!



From [Looking Younger](#) by Robert Jones and [Sun Care for the Summer](#) by Dr. Beth Lange, we can better understand sunscreens:

### The Technical Information:

Sunlight contains damaging ultraviolet B and A rays. Energetic UVB rays are typically associated with sunburn; UVA rays are less energetic but penetrate more deeply into the skin and can cause sunlight-induced premature skin aging, wrinkling and age spots. Both rays damage skin and can lead to skin cancer--even on cloudy days. Sunscreens absorb, reflect or scatter this UV light. Inorganic or "physical" sunscreens form a film that reflects or scatters UV light before it penetrates skin. These sunscreens include zinc oxide or titanium dioxide. Organic or "chemical" sunscreens absorb UV rays before they can cause damage. Examples include avobenzone and oxybenzone, which protect against both UVA and UVB rays. A good sunscreen product should be "broad spectrum"- containing ingredients that protect against both UVA and UVB rays.

### Translating to Real Life:

We've all seen an SPF number on product containers. This number is calculated by comparing the amount of time needed to produce sunburn on protected skin to the amount of time needed to cause sunburn on unprotected skin. The amount of time it takes you to sunburn depends on your skin type, and the SPF number you need depends on how much time you expect to be outdoors. Interestingly, SPF protection



does not actually increase proportionately with a designated SPF number. For example:

- SPF 4 blocks 75 % of sunburn damage; however, it may not provide broad-spectrum protection.
- SPF 15 screens 93% of sunburn damage.
- SPF 30 screens 97% of sunburn damage.
- SPF 70 blocks 98.6% of damage.
  - NOTE: Most products with an SPF 15 or greater will provide broad-spectrum protection against both UVA and UVB damage.

**Only you can decide which product is best for your own situation. However, most experts recommend that for daily use, an SPF of 15-30 is adequate.**

#### **Use and Application:**

Be sure to apply sunscreen to all exposed areas and pay particular attention to face, ears, hands, and arms. Most people apply only 25-50% of the recommended amount of sunscreen, so be sure to coat the skin liberally. One ounce is considered the average amount needed to properly cover the exposed area of an adult. Sunscreen should be re-applied regularly--at least every two hours or after swimming, perspiring heavily or towel-drying.

**So lather up and enjoy the summer!**

*No one beauty answer works for everyone. Accept yourself for who you are, flaws and assets. Learn how to be the project the image you want and be Fun & Fabulous Forever!*