

WHAT IS SUN DAMAGE?

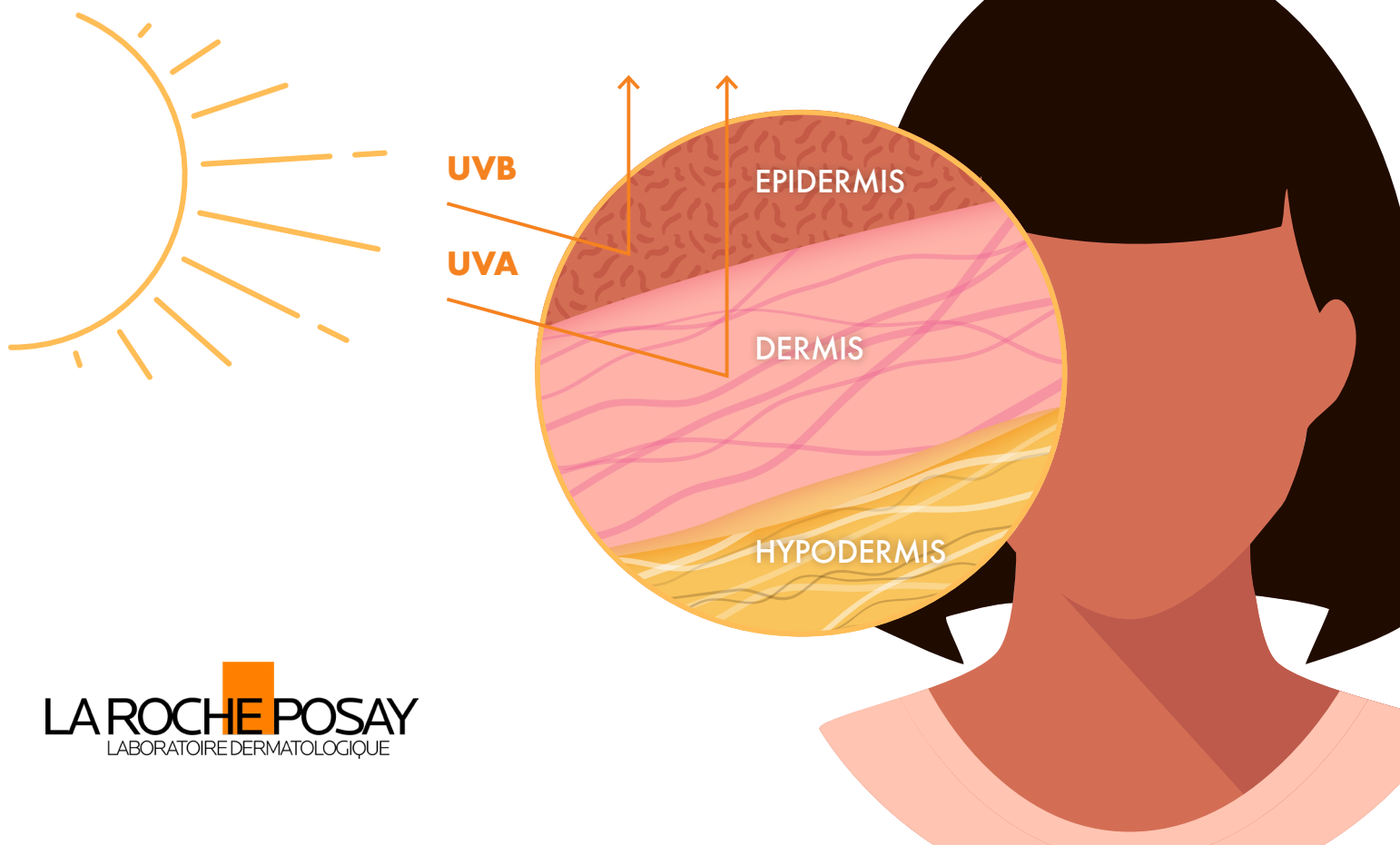
Excessive and frequent sun exposure is dangerous for our skin and can increase risk of skin cancer and cause premature skin ageing (wrinkles and brown spots). This is due to ultraviolet (UV) rays emitted from the sun which damage the DNA in skin cells.

There are two types of UV rays that can cause skin damage:

- UVA rays penetrate the skin more deeply than UVB and accelerate skin ageing.
- UVB rays are partly stopped by the top layer of skin (the epidermis) and are responsible for tanning and sunburn. Both are signs of skin damage that can increase risk of skin cancer.

DID YOU KNOW?

UVA rays account for 95% of UV rays that reach us, and they can pass through clouds and glass. Ensure you are always protected when sitting by a window or outside on a cloudy day.



HOW CAN I PROTECT MY SKIN?



SEEK SHADE

Avoid direct sun exposure between 11am and 3pm when the sun is at its strongest.



APPLY SUNSCREEN

Apply sunscreen generously 30 minutes before sun exposure and reapply every two hours – especially after swimming and towelling.



COVER UP


Protect the skin with clothing, including a hat, long sleeves and sunglasses with UV protection.

DID YOU KNOW?

The ears, lips and scalp are the most forgotten areas to protect. Ensure you apply sunscreen to protect these areas.

WHICH SUNSCREEN SHOULD I USE?

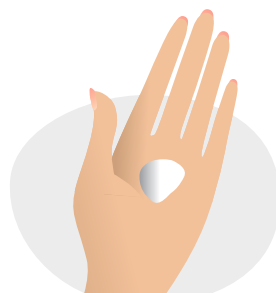
For best results, follow this sun protection checklist:

- ✓ Use a high SPF (sun protection factor) sunscreen ideally with a minimum SPF of 30. SPF indicates the level of protection against UVB.
- ✓ Use a broad-spectrum sunscreen which protects against both UVA and UVB. Look out for the UVA symbol  this indicates that the balance between UVA and UVB protection meets the EU recommendation.
- ✓ Choose the texture that is best suited to your skin type.
- ✓ Choose a water-resistant sunscreen.
- ✓ Wear sunscreen on your face every day, even when it's cloudy.
- ✓ Remember to reapply sunscreen frequently, especially after being in contact with water or perspiring.

HOW SHOULD I USE SUNSCREEN?

For an adult (16+), it is recommended to use approximately two teaspoons (10ml) of sunscreen for optimal face, neck and shoulders coverage. It's best to apply sun cream after your moisturiser and before your make-up, or find a moisturiser with an SPF.

Use approximately two tablespoons (30-35ml) of sunscreen for optimal body coverage. If in doubt of how much sunscreen to use, more is always better!



**Face, neck
and shoulders**

➔ **10ml**

(about two teaspoons)



Body

➔ **30-35ml**

(about two tablespoons)



DID YOU KNOW?

Although lighter-skinned people are more likely to burn, people with darker skin types are still susceptible to sun damage. Everyone, regardless of skin colour, should take steps to protect their skin.

SUN PROTECTION WITH LA ROCHE-POSAY ANTHELIOS

The La Roche-Posay Anthelios range provides high, broad-spectrum protection and is specifically formulated for sensitive skin and tailored to your skin type.

Anthelios UVMUNE 400

Hydrating Cream
SPF50+



Very high UVA/UVB facial sun protection in a non-greasy moisturising cream formula for dry to very dry skin.

- New exclusive Mexoryl 400 UV filter protects against ultra long UVA
- Anti eye-stinging
- Ultra-resistant: water, sweat and sand resistant

Anthelios UVMUNE 400

Invisible Fluid
SPF50+



Very high UVA/UVB facial sun protection with a non-greasy, invisible, light-weight texture for all skin types.

- New exclusive Mexoryl 400 UV filter protects against ultra long UVA
- Anti eye-stinging
- Ultra-resistant: water, sweat and sand resistant
- Invisible finish: does not leave white marks

Anthelios Hydrating Lotion SPF50+



Very high UVA/UVB sun protection for the face and body.

- A light, non-greasy, easy to apply body lotion for sun-sensitive skin.
- Broad-spectrum protection with patented filters Mexoryl XL and Mexoryl SX that is water resistant.

ANTHELIOS products are available from pharmacies nationwide and online at www.laroche-posay.co.uk and www.laroche-posay.ie

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