

# Sunscreen Infographic



## WHAT THE SPF?

(SUN PROTECTION FACTOR)

SPF is a measure of the amount of direct UVB sunlight required to turn sunscreen-protected skin red.

If your skin would normally start turning red after 10 minutes of unimpeded sun exposure, a sunscreen with an SPF of 30 delays that amount of time by 30 times. Said differently, it would take 300 minutes of exposure before your skin would start to burn.



## COVER UP

Shirts, hats, UV-blocking sunglasses, and umbrellas offer safe, effective sun protection



## SOME SUN IS IMPORTANT

20 minutes of unprotected sun exposure daily is healthy. Even on cloudy days, you can still get up to 80% UV rays and boost your vitamin-D production.



## SEEK SHADE

Avoid the sun when it's rays are the strongest between 10 a.m. and 4 p.m.

**PROTECT YOURSELF.** Use sunscreen with an SPF of 15 or higher every day.

**SEE THE DOC.** Get a skin exam from your physician every year.

## WATERPROOF VS. WATER-RESISTANT

**Waterproof:** when a product maintains its SPF level after 90 minutes of water exposure.  
**Water-resistant:** when a product maintains its SPF level after 40 minutes of water exposure.

# SHEDDING LIGHT ON THE SUMMER SUN'S HARMFUL RAYS

**BROAD-SPECTRUM SUNSCREEN** is designed to protect you from two types of UV light that can potentially lead to skin cancer.

## UVA RAYS



## UVB RAYS

### THE AGING RAYS

UVA rays can penetrate deeply into your skin. This increases the risk of wrinkling and age spots.

### THE BURNING RAYS

UVB rays reach the surface of your skin where they can damage DNA.

IT TAKES PROTECTION FROM BOTH TO BE COVERED



## SOOTHE OVEREXPOSED SKIN

*Sun Shades™ After Sun Hydrogel E* has aloe vera, Melaleuca Oil, Advanced E, glycerin, grape leaf, and green tea to help skin recover.

## ALOE VERA

This desert-loving succulent plant is no stranger to the sun. It's soothing properties reduce redness, ease pain, and speed the healing process.



Lips have almost no melanin (the color is derived from tiny blood vessels beneath the skin), so it's up to you to protect them.

## GET IN THE HABIT OF USING A LIP BALM WITH SPF 15 OR HIGHER

*Sun Shades Lip Balm* is broad-spectrum SPF 15.

## ALWAYS WEAR SUNGLASSES THAT BLOCK OUT 99% OF UVA/UVB RAYS



This will prevent painful sunburns and may help slow down cataracts and macular degeneration. Also, the skin around the eyes, including the lids, is one of the most prone to skin cancer.

## STOCK UP ON MELALEUCA'S SKIN-NOURISHING SUN PROTECTION

With summer in full swing, you and your family need daily head-to-toe sun protection.

SUN SHADES HAS THE BROAD-SPECTRUM UVA/UVB SUNSCREENS YOU WANT FOR YOUR FAMILY, WITH BOTANICALS AND ANTIOXIDANTS ADDED TO NOURISH AND PROTECT THEIR SKIN.

To protect your skin, apply a sunscreen with broad-spectrum SPF of 15 or higher. Reapply every two hours or after sweating or swimming.

