



AWARENESS

DO YOU NEED SPF IN WINTER?

The sun doesn't sleep during winter, especially in Africa. The quick answer is, yes, you should wear sunblock in Winter. The Ozone layer is not cutting it keeping us protected, and now we have to start 'saving our own skins' come rain or shine.

Here's how and why:

1. UVA can still get to you

Sun rays that are the most damaging to our skin is known as UVA.

Even if you are wrapped up like a tortilla, UVA can still get to any areas of skin that are exposed.

UVA affects the elasticity of the skin, can cause fine lines and wrinkles and is also associated with cancer.

Even if you feel as though you are not getting any sun at all you may be exposed to more UVA than you know.

2. Overcast and behind glass is no protection

Ultra-violet (UV) rays can travel through glass, contrary to popular opinion, so even if you spend most of your life indoors and in an office, UV rays may still be doing damage during your commute to work or during a short walk to your car.

Even when it is dark and overcast outside, the clouds are no barrier for UV rays, and although you may think you are safe under a shaded cover, UV rays can also bounce off the ground. They are persistent!

3. The best SPF

The best sunscreen to use is a minimum of SPF 30 and you should always try and use "physical" sunscreen as opposed to "chemical" sunscreen". If you are very fair-skinned you may want to use up to SPF 50 to make sure you are well protected.

Physical sunscreen contains zinc oxide and titanium oxide, which offers the best protection from the sun at any time of year, as it blocks the rays from penetrating your skin.

If it's very dry where you live during winter, you can use a good SPF that contains moisturiser and keep your skin hydrated and healthy too.

4. Don't forget your lips

Many people forget to smear a bit of sunblock on their ears and lips. Remember, your lips can also get burned by the sun's UV rays and also need your help staying protected.

5. Don't sweat it

Once you've applied a good SPF, it doesn't mean your skin protection chores are done for the day. Sweat is the archenemy of sunscreen cream. If you get very hot and have been sweating, you should reapply sunscreen to make sure that you stay protected.

We all enjoy a little sunshine on our face from time to time, but making sure that we protect ourselves from sun damage can take the guilt away from that delicious warm feeling on a cold Winter's Day.