

Why is it so important to protect your skin from the sun?

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So summertime is a wonderful time of the year a lot of people like to go outside and enjoy the great outdoors. And I think that that's a wonderful thing. We do want to do it intelligently and make sure we're protecting ourselves so that we don't suffer for it later. Sun protection is a key part of enjoying the sunny weather, we want to think about a multidisciplinary approach to protecting our skin. I like to use a hat, sun protective clothing, and of course, sunscreen that works well with my skin. You want to think about if you have sensitivities, avoiding things that might irritate your skin. So if you're fragrance sensitive, going for a fragrance free sunscreen is a good idea. If you're sensitive to chemical sunscreens going with a physical sunscreen, like a titanium or zinc dioxide based sunscreen can be beneficial as well. Some people are concerned about chemical absorption and sunscreens. So the best products to use are ones that are made for the tinsuha 2 0) 1a) 612 2 reW*nBT 11 Tf1 0 0 BDQ0.0000092 0 612 45) 15) 10) TmC

