

RECOMMENDATIONS

▶ **Protect your skin from the sun all year long**

UVB rays are strongest during summer months and cause tanning. UVA rays are responsible for long-term damage and act like silent enemies, harming your skin without you even noticing. They are present 365 days a year and reach your skin even on cloudy days or indoors.

▶ **Learn your phototype to choose the most suitable protection**

Each skin type needs specific care: the lighter your skin, the higher the sun protection factor (SPF) should be. Check which prototype you belong to in order to choose the most suitable protection factor and avoid damage to your skin.

▶ **Complete your topical protection with oral supplements**

Only oral sun protection can prevent and repair UVA damage to our dermis, as UVA rays are able to reach the lower layers of our skin. In addition, it helps compensate for insufficient or incomplete topical protection: you'll be much more protected and avoid long-term problems.

▶ **Be especially careful if your skin has undergone or is undergoing some sort of dermatological treatment.**

Skin undergoing treatment or procedures is weakened and can lose its ability to produce melanin, the skin's natural sun filter. You stand greater chances of burning or developing spots. To prevent spots or scar marks, protect skin with a dressing or use high SPF protection.

▶ **If you're taking some kind of medication, check if it causes photosensitivity**

Some medication can cause skin reactions when you're in the sun. If you're taking some kind of medication and thinking of being outdoors, it's best to consult your doctor or pharmacist. They can tell you about any precautions you should adopt to avoid allergies, spots, redness or other unexpected reactions.

▶ **Apply topical sun protection half an hour before exposure**

Heliocare® products contain a combination of physical, chemical and biological filters. Chemical filters need 30 minutes to activate themselves and properly adhere to the most superficial layer of the epidermis. You should wait half an hour after application in order to prevent unexpected burns.

▶ **Apply topical sun protection to dry skin**

It's important that skin be dry when applying sun protection to ensure its adherence and absorption.

▶ **Increase sun protection between 11:00 a.m. and 4.00 p.m.**

During the central hours of the day, the sun's rays are perpendicular to the earth. This angle is much more harmful to skin as the rays penetrate with greater intensity and the risk of short or long-term damage increases. If you can't avoid being in the sun, remember to increase your SPF.

▶ **Take extra caution with the skin of young children**

Children's skin is much more sensitive to alterations produced by UV radiation; damage accumulates and the risk of developing skin cancer in later years increases. It is extremely important to use a high protection factor and provide additional protection with clothing, hats and sunglasses.

▶ **Increase precautions during pregnancy**

The appearance of spots is very common during pregnancy as skin is more sensitive and hormone levels vary. For this reason it's important to pay close attention to skin and its alterations during this period and follow certain recommendations to avoid damage. Avoid exposure during peak hours, re-apply protection frequently, and drink lots of water to avoid skin dehydration.

▶ **Avoid using tanning oils**

Most oils moisturise but don't contain filters to protect skin from UV rays and only cause you to burn. When skin is exposed to the sun it dries: for this reason you should always moisturise after exposure, never before, or else risk increasing skin damage.

▶ **Don't use an SPF less than 20**

The higher the SPF, the greater the protection. A high SPF is not only more effective against UV radiation, but it also ensures better protection even when you apply less than the recommended quantity. For example, a badly applied SPF 90 becomes an SPF 50, while an SPF 20 would be SPF 10, representing a real risk to your skin.