

Choosing the Best UV Protection for your Skin and Lifestyle

What does sunlight do in our skin? A bit more info to help you...

Sunlight contains different UV light and these can penetrate the skin. These are:

- The UVBs, which turn us red and are active in the top layers of the skin
- The UVAs, which penetrate deeper, with the ability to cause damage in our dermis and begin the ageing process.

Even though we don't turn red with UVA penetration, we need to be aware that we are receiving them throughout the day (along with UVBs).

We have provided a quick rundown on the different sun protection options by skin type that we offer, to make your choice with us easier. We aim to provide options that you will feel comfortable to use every morning and throughout the day without clogging your pores or feeling greasy and congested.

Drier Skins:

- [CosMedix Hydrate+ SPF 17](#) – moisturising zinc-based physical block with age-fighting properties
- [Aspect Hydra Shield SPF 15](#) – lightweight moisturiser with added sun protection

Oily, Acne Skins:

- [Aspect Envirostat Dry Touch SPF 50](#) – lightweight broad spectrum sunscreen, 4 hours water-resistant, non-greasy and no white residue, perfect for water and active lifestyles
- [CosMedix Reflect SPF 30](#) – lightweight spray-on broad spectrum physical sunblock based on Titanium Dioxide and packed with antioxidants



All Skins:

- [Osmosis MD Protect](#) – moisturising zinc-based physical sunblock
- Actinica Liposomal Sunscreen SPF 50+ – hydrating & lightweight medical-grade sunscreen with an advanced liposomal formulation. Available in early 2018.
- [Miessence Reflect Outdoor Balm](#) – natural, certified-organic sunblock, zinc-based, also perfect for babies

Makeup with UV Protection:

- [Colorescience Sunforgettable Brush SPF 50](#) – lightweight mineral powder sunblock
- [Colorescience Tint du Soleil SPF 30](#) – tinted sheer-cover foundation with broad sun protection, 40 min water-resistant
- [Colorescience Even Up SPF 50](#) – tinted moisturising primer & colour corrector. Perfect for problem skin.
- [Osmosis Colour CC Cream SPF 20](#) – natural-looking foundation with UV protection, vegan & gluten-free
- [Colorescience Hydrating Setting Mist](#) – rejuvenates, revives and re-hydrates skin before and during sun exposure. Will keep makeup in place.

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The Role of Vitamin C with UV Exposure:

As you now know, our skin needs some UV light to assist it to perform vital bodily functions. How well it does these and how well it deals with the excess is what makes the difference between a healthy skin that doesn't age prematurely and one that acts and looks older than it is.

So, besides blocking the UVs how can you improve how your skin processes those UVs that do penetrate?

By using antioxidants, especially Vitamin C serums, daily with extra after a big day in the sun. [Read more about the importance of Vitamin C in your skin here](#) and then check out our antioxidant serums below:

Serums Containing Vitamin C:

- [Aspect Extreme C 20](#)
- [Aspect Dr Redless](#)
- [Aspect Dr Active C Serum](#)
- [CosMedix Affirm](#)
- [CosMedix Radiance](#)
- [CosMedix Pure C Mixing Crystals](#)
- [Osmosis MD Replenish](#)
- [Osmosis MD Catalyst AC11](#)
- [Osmosis MD Catalyst Plus](#)

Our most popular Vitamin C is [Aspect Dr Active C Serum](#) and one of our faves is [Osmosis MD Catalyst AC11](#)!

Being Discontinued - 30% off:

- [Sunforgettable Jar SPF 50](#) – lightweight mineral powder sunblock
- [Sunforgettable Lip Shine SPF 35](#) – lip gloss with added sun protection



Don't forget, you receive \$15 off your first order!

Still not sure?

Complete the [Online Skin Consultation](#) and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern.

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