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, 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. We often find that people with oily, acne prone skin prefer the feel of a chemical sun block.

Chemical Sun Block

A Chemical Block will absorb into your skin (the epidermis and into the dermis). Here it absorbs the harmful UV rays before it can penetrate into your dermis and cause damage. Essentially soaking it up. As they penetrate into your skin, they don’t “wear off” with sweating, being in the water or rubbing at your skin. Instead they become less effective over time, so you need to be diligent and reapply approximately every 2 hours depending on the brand. If you are planning heavy physical exercise this is often the preference.

- **Aspect Sun Envirostat Face SPF 50+** – high sun protection with a dry touch finish. Contains a soothing blend of antioxidants and Vitamin E. Paraben Free.
- **Aspect Sun Envirostat On The Go SPF 50** – lightweight sun block for the whole body, perfect for active pursuits, 4 hours water-resistant, non-greasy and no white residue.
- **Aspect Sun Hydrating Face SPF 50+** – high sun protection with hydrating antioxidant nourishment. Perfect prior to makeup application. Paraben and Benzophenone Free.

Physical Sun Block

Physical sun blocks contain Zinc Oxide or Titanium Dioxide. Naturally broad-spectrum, protecting against UV rays. It acts as a barrier between your skin and the sun. Rather than absorbing into your skin, a physical block sits on top of your skin, reflecting the sun away. As a natural product, it is recommended for those with sensitive skin and for children. While it effective when it sits on your skin as a layer, it can be washed or rubbed off. It is advised to reapply after sweating, being in the water or rubbing your skin (with a towel or clothing).

- **Aspect Hydra Shield SPF 15** – lightweight moisturiser ideal for everyday use, with calming antioxidants and extra hydration.
- **Colorescience Sunforgettable Total Protection Face Shield SPF 30** – lightweight priming corrector with sun protection.
- **CosMedix Hydrate+ SPF 17** – lightweight yet nourishing moisturiser with antioxidants, perfect for dry, ageing skin.
- **Miessence Reflect Outdoor Balm** – natural, certified-organic sunblock, perfect for young children.
- **Osmosis MD Protect** – lightweight moisturiser for everyday use.
- **Societe Prime & Defend** – skin primer and sun block for sensitive and acne prone skin.

www.theskincareclinic.com.au
0418 283 778 | info@theskincareclinic.com.au
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 in our Vitamin C information sheet.

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

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

Still not sure?

Complete the Online Skin Consultation and our Skin Advisors will happily help you to choose the right treatments and products for your skin type or concern.

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Makeup with Sun Protection

LIQUID FOUNDATION

- Aspect Sun CC Cream SPF 50+ – tinted chemical block that evens out your skin’s pigmentation.
- Colorescience Tint du Soleil SPF 25 – tinted physical block providing sheer-coverage foundation.
- Colorescience Even Up SPF 50 – tinted physical block, moisturising primer & brightener to cover skin discolouration.
- Colorescience All Calm SPF 50 – tinted physical block, moisturising primer & colour corrector. Perfect for reducing redness and covering acne prone skin.
- Jane Iredale Dream Tint SPF 15 – light weight tinted moisturiser with physical block.
- Jane Iredale Glow Time SPF 25 – full coverage mineral BB cream physical block.
- Osmosis Colour CC Cream SPF 20 – sheer coverage tinted physical block providing colour correction, vegan & gluten-free.

MINERAL POWDER

- Colorescience Sunforgettable Brush SPF 30 – lightweight coverage mineral powder physical block. Great for reapplying over makeup and body during the day with easy application.
- Colorescience Pressed Powder SPF 20 – Medium to full coverage pressed mineral powder physical block.
- Jane Iredale Amazing Base SPF 20 – Medium coverage loose mineral powder physical block.
- Jane Iredale PurePressed SPF 20 – Sheer coverage pressed mineral powder physical block.
- Osmosis Colour Pressed Base – Pressed mineral powder physical block.
- Osmosis Colour Loose Base – Medium coverage mineral powder physical block.