



Guidelines on how to protect your skin from the sun

01 Apply your sunscreen **30 or 15 min before exposure**, every two hours, and reapply after bath or sweat excess—even if your cream is water resistant.

02 What is the minimal SPF recommended? **SPF 30** is the minimum you should use but **SPF 50** is the best choice for all skin types in summer.



03 Preferably, choose a sunscreen that includes antioxidant ingredients, as it is more effective to prevent skin aging.

04 Stay under a shade

- Around noon, when the UV rays are strongest
- Babies and young children
- If you have a skin cancer history
- If you have several moles
- If you are under medications such as antibiotics, anti-inflammatories, etc



05 Your lips and eyes are very sensitive to sun damage, so do not forget to wear SPF lip balm or lipstick and sunglasses.



06 UV rays pass through clouds and most windows. They are a little filtered by them, but you still should protect your skin.

07 Altitude, location, certain surfaces, time, and season. All these factors influence the UV index:



- UV radiation increases with height—around a 10 % every 1000feet. Also, snow can reflect as much as 80% of Sun rays.
- Grass, soil, and water reflect less than 10% of UVR, and sand 15%.
- Sun rays pass through water surface to a certain degree.

08 Take care of your sunscreen

- Do not leave it under the Sun
- Store it in a dry and cool place
- Make sure that it is properly closed



09 You can tell your sunscreen has gone bad if the smell or texture has changed, becoming watery and pilling. If that is the case, it is better to replace it as it may have lost some properties.

10 Innoaesthetics sunscreens are SPF50+ and include skincare active ingredients and antioxidants to adapt to different skin types and improve the skin condition.