

# Summer is here! Are you ready???



Barbara Formica

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Summer safety means paying particular attention to UV protection as well as repair, body temperature and hydration.

**Sunscreen:** Let's protect ourselves from Skin cancer as well as premature aging. Going down the sunscreen aisle can make you quite confused with all the choices. So how do you choose a good sunscreen? Choose a sunscreen that protects against UVA and UVB. Also, the higher number SPF does not necessarily mean you are getting better protection. The SPF or the sunscreen protection factor is frequently misunderstood. For instance, many people think that an SPF 30 sunscreen offers double the protection of an SPF 15. In actuality, the difference is slight. Experts say SPF 15 blocks 93 percent of rays, while SPF 30 blocks 97 percent. Additionally, SPF ratings higher than 30 don't offer more UV protection, and they let the same 3 percent of UV rays through as SPF 30 sunscreen. However, a higher SPF means you may not have to reapply as often. And to confuse matters even more, SPF only applies to UVB rays. For that reason, it's just as important to look specifically for UVA protection. Ultimately, when it comes to purchasing sunscreen, know that SPF 30 offers adequate protection when extended sun exposure is expected and SPF 15 is suitable for everyday use.

Also, Although many sunscreen manufacturers use the terms "waterproof" and "sweat-proof" to describe their products, sunscreens can more accurately be described as water- and sweat-resistant because they need to be reapplied after exercise or contact with water. "Sunblock" also is not a completely accurate term because no product can block all harmful rays. Shaklee's natural, paraben-free Enfuselle SPF30 is designed to provide maximum coverage for all skin types.

**Sun Repair:** After a long, hot day in the sun, coming home to a little time away from the rays feels great. Make the most of the downtime by taking care of your skin with a natural and age-defying after-sun treatment lotion. Shaklee's C+E Repair PM is loaded with nourishing Vitamin C to help slow the aging effects of UV exposure. This powerful yet gentle formula works while you sleep, making sure you wake up with a youthful radiance that just won't quit.

Also, our Time Repair AM SPF 15 for everyday use is a fabulous product as well. A unique botanical ingredient naturally and gently works like an alphahydroxy acid (AHA), but without the irritation. Containing triple patented Vital Repair+®, it is clinically proven to reduce the appearance of wrinkles, collagen breakdown, and prevent future photoaging. A five-in-one wrinkle treatment that meets all your skin's daytime needs for renewal, brightening, moisturization, nourishment, and protection. Your skin becomes measurably brighter, clearer, and smoother.

**Hydration:** If your summer plans include participating in some high-energy athletics, working in the yard, or just being out in the heat, staying hydrated is one of the most important elements to help avoid dehydration and injury. Make sure you are getting your 8- 10 glasses of water every day. If you are sweating you may need to add an electrolyte drink to the mix to replace what you are losing when you sweat. Many people choose Gatorade but these products contain high sugar content. Shaklee's Performance Drink contains our incomparable Opticarb complex that maximizes

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**Wellness Creators**

<http://healthyliving.li>

516-991-7460

