

PalmBeachPost

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TAJA'S TIPS

TAJA SLYDELL, OUR SHOP SMART SUMMER INTERN, SAYS

Protect the skin you're in!



Does the perfect summer tan have to come with a burning price? According to Dermatologist Dr. Marta Rendon, not if you know the ABC's of sun protection.

A: Apply,
B: Block, and
C: Cover up.



Dr. Rendon's 5 best tips:

- 1.** Apply and reapply sunscreen with SPF 30+ every two hours to all sun-exposed skin during daylight hours, even on a cloudy day.
- 2.** Sunscreen should be full spectrum, meaning that it blocks UVA and UVB rays. Look for ingredients such as Zinc Oxide, Titanium Dioxide, Avobenzone and Mexoryl SX that aid in blocking harmful UVA rays.
- 3.** Avoid the sun from the hours of 11 a.m. to 4 p.m. If you must venture out during the hot-

test part of the day, consider wearing clothing with sun-protective benefits or washing clothing in a sun-protective detergent such as SunGuard.

4. No tanning booths.

5. Hydration is important: Be sure to consume a lot of water.

If you do get burned ...

Use a washcloth to soak the irritated sunburn in a solution of 1 tablespoon vinegar to 1 cup cool water.