

SUN PROTECTION FACTOR (SPF)

When selecting a sunscreen lotion you are presented with many options. The main points to consider are protection from both UVA and UVB rays (the 2 types of damaging sun rays long enough to reach the earth), the Sun Protection Factor (SPF), a numerical rating from 15 to 45 or higher, and the other product ingredients which may aggravate skin conditions like acne.

UVA are both short and long wavelengths emitted by the sun year round. They are present from sun up to sun down; they pass through clouds, windows, even some clothing and are referred to as “aging rays” since they penetrate deep into the dermis. UVA rays have been linked to skin cancer and are not measured in numerical SPF ratings.

UVB are shorter wavelengths emitted by the sun during hot sun and mostly in the summer months. They are strongest from 10am to 3pm and do not pass through clouds or windows. These rays mainly cause burning to upper layers of the epidermis. The numerical SPF rating measures the products defense against UVB rays.

Some Products:

SkinCeuticals- *Sport UV Defense SPF 45*, a waterproof and sweat proof sunscreen which is ideal for use during outdoor activities This sunscreen provides broad-spectrum UVA/UVB protection using a lightweight, transparent zinc oxide that is encapsulated which reduces the chance of skin irritation. It is fragrance free and oil free making it ideal for sensitive skin.

Jan Marini- *Antioxidant Daily Face Protectant* is recommended for daily use. This antioxidant rich, oil free lotion provides broad spectrum SPF 30 protection and leaves a matte finish making it ideal for most skin types.

La Roche-Posay – *Anthelios* provides both UVA/UVB protection but offers a high protection against UVA rays or the “aging rays”. It is fragrance free and recommended for all skin typ

Obagi – We offer 3 different Obagi formulas to address your specific needs.

1. *Sunfader SPF 15* (Rx only), contains 4% USP Hydroquinone. Recommended for patients with pigmentation.
2. *Healthy Skin Protection SPF 35* contains 9% zinc. Recommended for daily use for most skin types.
3. *Physical UV Block SPF 32* contains 18.5% zinc. Required to protect skin after a chemical peel.