

SUN SKIN CARE

Good skin care — including sun protection and gentle cleansing — can keep your skin healthy and glowing for years to come.

Don't have time for intensive skin care routine?

You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay the natural aging process and prevent various skin problems. Get started with this no-nonsense tip...

PROTECT YOURSELF FROM THE SUN

One of the most important ways to take care of your skin is to protect it from the sun.

A lifetime of sun exposure can cause wrinkles, blemishes and other skin problems — as well as increase the risk of skin cancer.

For the most complete sun protection:

- **Use sunscreen.** Use a broad-spectrum sunscreen with our SPF40 Protection and Kalahari's Mongongo Body SPF20. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or perspiring.
- **Seek shade.** Avoid the sun between 10 a.m. and 2 p.m., when the sun's rays are strongest.
- **Wear protective clothing.** Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to block ultraviolet rays.

Stay protected this summer holiday and keep premature aging a thing of the future.

