

# Sunscreens: Key to Anti-Aging and Healthy Skin for Life

People are under the false assumption that sunscreen should only be worn in the summer time. Sun shines all year round and so sunscreen should be applied every day, year round. We cannot see how much exposure we get in an average day. Consider the exposure you get through your car window, home or office windows, when going for a walk and gardening. Sunscreens should be used daily if you are going to be in the sun for more than 20 minutes. Most people will receive this amount of sun exposure while performing routine daily activities. Sunscreens can be applied under make-up, and there are many cosmetic products that also contain sunscreens.

Sun protection is the principle means of preventing premature aging and skin cancer. Sunscreen used on a regular basis actually allows some repair of already damaged skin. Even on a cloudy day, 80 percent of the sun's ultraviolet rays pass through the clouds.

With so many sunscreen brands on the market, we strongly recommend using a sunscreen with an SPF 30 factor or greater. At Rejuvenate Medical Spa we have sunscreens that provide great protection without that white, tacky and thick film. Our products feel and look more like a moisturizer and are make-up friendly. Our sunscreen brands are BioPhora, Mesoesthetic and Obagi and are designed for all skin types. These brands are cosmeceuticals which is a synergy of cosmetic and pharmaceutical ingredients. Like cosmetics, cosmeceuticals are topically applied, but they contain ingredients that benefit the biological function of the skin. Cosmeceuticals contain optimal quality ingredients that have been extensively researched by medical professionals.

Rejuvenate Medical Spa is under the direction of Plastic Surgeon Dr. M. W. Elmaraghy and the sunscreen brands we carry can only be sold by a medically directed facility. We can assure you that there are many benefits to purchasing our sunscreens over the regular store brand. Better ingredients will prevent your skin from breaking out or feeling oily. Incident of reaction is substantially lower due to the high quality of our sunscreens. Most importantly, we back our products 100%, if the sunscreen does not work well with your skin we are happy to exchange it. We encourage you to come to Rejuvenate Medical Spa to sample out sunscreens, even treat yourself to a facial so you can experience our sunscreen as well as other skin care products we have to offer.