

BEYOND BOTOX

7 STRATEGIES FOR SEXY, AGELESS SKIN
WITHOUT NEEDLES OR SURGERY

What Is The Right Sunscreen For You?

It's important for all women to know how to protect themselves from photoaging and skin cancer by selecting the sunscreen that best fits their skin type and lifestyle. Sunscreens constitute the mainstay of sunburn prevention. These topical agents protect the skin by absorbing, scattering, or reflecting ultraviolet radiation and visible light.

B. Kamins Sunscreen Chart

Check the following chart to determine the SPF that is best for your skin, and never go outside without applying sunscreen.

| Skin Type | Characteristics | SPF Recommendation |
|-----------|---|--------------------|
| Type I | Always burns, never tans (i.e., extremely sensitive) | SPF of 45 or more |
| Type II | Always burns, sometimes tans (i.e., very sensitive) | SPF of 30 or more |
| Type III | Sometimes tans, sometimes burns (i.e., sensitive) | SPF of 30 or more |
| Type IV | Always tans, sometimes burns (i.e., minimally sensitive) | SPF of 15 or more |
| Type V | Always tans, never burns (i.e., not sensitive) | SPF of 15 or more |
| Type VI | Black skin (i.e., not sensitive) | SPF of 15 or more |