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The Best Anti-Aging Secret That You Can Start Immediately!

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Well the secret is simple – practice safe sun and wear SPF daily!

Last month we talked about the importance of antioxidants. These little warriors help tremendously with your sun protection, especially when your sunscreen starts wearing off. They step up and fight free radicals from destroying your cells. Today antioxidants are a must have in skin protection and aging.

This month is Skin Cancer awareness month. One in five Americans will develop skin cancer in the course of a lifetime. But the good news is that skin cancer is chiefly a lifestyle disease. It is also highly preventable.

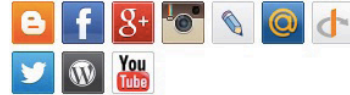
Did you know that more than 90% of visible changes attributed to skin aging are caused by the sun? With summer right around the corner and temperatures already soaring in the city, it's time to slather on the sunscreen and protect your skin against premature aging.

Studies show that people who use sunscreen daily show 24% less skin gaining than those who do not. Sunscreen is the number one preventative topical product that you can use against aging. It prevents more than fixes, but if you think about it, it's much easier to prevent the signs of aging than it is to reverse wrinkles, hyperpigmentation, or anything else that has already set in. Sunscreen protects you from the sun's harmful UV rays and prevents even more damage (and possibly cancer) from happening to your skin. So to prevent wrinkles and aging skin, wear a higher SPF and reapply every two hours.

Important tips:

1. Seek the shade, especially between 10am – 4pm. So if you are planning lunch outside. Sit in the shade. If you are planning outside exercise do it before 10am or after 4pm.
2. Do not burn. If you have more that 5 burns in a lifetime your risk for melanoma doubles.
3. No tanning booths. *We all know that!*
4. Make sure your SPF is BROAD SPECTRUM (UVA/UVB). Its best to use an SPF of 30 or higher.
5. Cover up with clothing when out in the sun.
6. Apply your sunscreen 30 minutes before going outside.
7. Keep newborns out of the sun. Just one severe sunburn in childhood doubles the chances of developing melanoma later in life.
8. See your physician every year for a professional skin exam.

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And remember, it's always sunny everywhere...

Don't assume you're inoculated against photo damage just because the sun is barely up when you leave for work and sets on your commute home. Unlike UVB light, UVA rays travel through windows in the office, home, and car, warns Dover. Until recently, few worried much about the latter wavelength, partly because it causes a tenth as much tanning as the former. Both UVB and UVA rays are damaging to the skin and can cause premature aging.

The FDA has changed the rules for sunscreens. The most important thing to know is that manufacturers are not aloud to label their sunscreens above a 50+. Anything above a 50+ does NOT give you more protection. Also you must apply every two hours to be fully protected in the sun.

<http://www.fda.gov/forconsumers/consumerupdates/ucm258416.htm>

"I see clients of all ages coming in for facials with sun damage and pre-mature aging that could have easily been avoided," stated Trina Renea, founder of the Facial Bungalow. "This has inspired me to formulate my very own TRS Natural Physical Sunscreen that's SPF 50+ and comes in an easy to use spray bottle."

Trina Renea Skincare Sheer Physical Sunscreen SPF 50+ is an innovative formulation that utilizes highly refined ingredients and advanced sheer Physical sunscreen SPF 50+ is gentle on sensitive and acne-prone skin, provides lasting protection against UVA and UVB rays, and is water resistant (40 minutes). This sunscreen blocks most UVA and UVB radiation from reaching the skin, minimizes the effect of UV damage, and provides up to 50 times your skin's natural protection from

By Trina Renea

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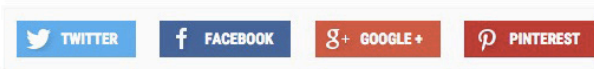


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