

S C R I P T



Sunscreens

Sunscreen is the most important anti-ageing cosmetic that you can utilise. It allows the skin the luxury of time to repair itself without continued sun-produced injury. There are various bases for sunscreens suitable for specific skin types. Non-comedogenic (non-pimple forming) sunscreens exist for acne patients, more moisturising bases exist for those with dry skin, while waterproof and high protection sunscreens suit people who enjoy an active, outdoors lifestyle. There are two main types of sunscreens available.

Physical sunscreens

Are effective against almost all ultraviolet and some visible and infrared radiation. They can be made from a number of agents but most commonly zinc and titanium dioxide are used. These sunscreens were once characterised by their visibility to the naked eye but recent advances in micronised and nanoparticle technologies means that often they are now elegant, invisible, high protection sunscreens.

Chemical sunscreens

Are those most utilised. For many years these sunscreens only protected against UVB with no effective UVA protection, this was only achieved with physical sunscreens. There is a recent advent of very good long range chemical blockers (Avobenzone, Mexoryl SX) that are effective against the UVA wavelength. When a sunscreen protects against both UVA and

UVB it is termed broad spectrum, and it is these broad spectrum sunscreens that should always be utilised.

Sunscreens in makeup

Shouldn't be relied on. Unfortunately, the SPF of suncreening agents in cosmetics is not always stated and it cannot be assumed that the makeup will protect you unless two criteria are met: that the SPF is indicated with sufficient value, and that it is broad spectrum. Ideally sunscreen is best applied under your foundation as the application, when mixed into a makeup, does not usually supply effective protection.