

Skinmatters

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SUN PROTECTION

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Why sun exposure is dangerous Ultra Violet light emitted from sun light is vital for our existence. Because of various environmental factors (e.g. the depletion of the ozone layer by CFCs) our atmosphere cannot filter out enough of the dangerous Ultra Violet wavelengths emitted from the sun. It is this Ultra Violet light that causes sunburn and skin cancer.

Ultra Violet Light (UV) is made up of UVA, UVB, and UVC.

UVA has long wavelengths but low energy and so penetrates deepest into our skin. Because of the low energy UVA causes our skin to feel warm and prolonged exposure to UVA will cause our skin to tan but not burn. UVA is directly linked to the formation of skin cancer and premature skin ageing.

There is no such thing as a healthy tan – if you have tanned, you have damaged your skin. Tanning beds expose the skin to higher doses of UVA than normal sun exposure and is therefore a major contributor to premature skin ageing and skin cancer.

You cannot repair the damage done by UVA exposure as it is cumulative over your lifetime, starting at birth.

UVB has shorter wavelengths than UVA. This means that it has more of a surface action as it does not penetrate as deeply into the skin as UVA. UVB has more energy and causes the skin to become irritated and sun burnt and can lead to sunstroke. Because UVB causes immediate discomfort we tend to be proactive in protecting our skin against UVB exposure.

UVC has the shortest wavelengths and the most energy. Luckily our atmosphere filters it out completely as it has very little penetration power.

How to protect yourself from overexposure to sunlight Avoid sun exposure between 10h00 and 15h00

Wear a wide brimmed hat that is thick enough to prevent UV light penetration

Only wear UV400 rated sunglasses. Cheap non-UV400 sunglasses will damage your eyes more than if you wore no sunglasses and wear wrap-around sunglasses where possible.

Where possible wear long sleeve shirts and long pants and use full body bathing costumes for children.

Educating children on the dangers of sun exposure is critical as most sun damage occurs before the age of 18 and avoid exposing babies less than a year old to direct sunlight.

Apply broad spectrum sunscreen (SPF 15 or higher) 30 minutes before going into the sun. Apply liberally being cautious not to miss out spots. Re-apply sunscreen every 4 hours (depending on the SPF and water resistance) and after swimming, excessive perspiration and after towel drying

| Name | SKU | Price | Thumbnail Image | Description | Update |
|---|------|-------|-----------------|---|--|
| Bioderma AKN MAT Cream SPF 40 | BD8 | R0.00 | | The sebo-regulating Fluidactiv® complex*, a BIODERMA innovation, improves sebum quality and helps to keep the skin clear and healthy. Young oily problem skin 2-in-1 treatment that repairs and protects damaged skin against exposure to the sun to limit scarring | Quantity: <input type="text" value="1"/> <input type="button" value="Add to Cart"/> 1 11 11 shop.cart cartadd Quantity: <input type="text" value="1"/> <input type="button" value="Add to Cart"/> 1 119 119 |
| Bioderma Cicabio SPF 50 30ml | BD44 | R0.00 | | | |

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[Bioderma Max Kids Milk | 100ml](#)

BD15

R0.00

Maximum UVA/UVB efficacy. Maximum photoprotection suitable for children's fragile skin. Fragrance free Water resistant.

Quantity:

[Bioderma Photoderm Compact SPF 50](#)

BD6

R0.00

Compact for sensitive skin. Soft and easy to apply. Texture unifies the complexion and leaves a powdery finish with a healthy glow Gold and light tints available Ultra-light texture leaves skin feeling soft Colourless when applied leaving no oily film or white marks

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Quantity:

[Bioderma Photoderm Max Fluid SPF 50](#)

BD1

R0.00

Non-comedogenic protection for oily and acne prone skin Protection for skin intolerant to all types of sunshine, prevents sun intolerance reactions Leaves the skin feeling comfortable and soft

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[Bioderma Photoderm Max Tinted Cream SPF 50](#)

BD7

R0.00

Spreads evenly leaving no oily film Minimises skin imperfections (Hyper-Hypopigmentation) and unifies the complexion. Non-comedogenic Available in light and golden colour. Safely protects against sunburn and prevent sun intolerance. Assists in the fight against premature skin ageing. Available in light and golden tints.

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[Bioderma Photoderm Max Ultra Fluid SPF 50 | 40ml](#)

BD25

R0.00

Safely protects against sunburn and prevent sun intolerance. Assists in the fight against premature skin ageing. Available in light and golden tints.

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[Bioderma](#)

[Photoderm Spray](#)

[SPF 50](#)

BD16

R0.00

Sun Spray for all skin types to use on the body and face Spray leaves no oily film or whit marks

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[Coverderm
Filteray SPF 80](#)

C1

R0.00

[Dr Babor Derma
Cellular Protective
Cream SPF 50 |
50ml](#)

BB2

R0.00

[Dr Babor
Detoxifying
Vitamin Cream
SPF 15 | 50ml](#)

BB1

R0.00

[Epicure Day
Cream SPF 30 |
125ml](#)

E1

R0.00

[Epicure Sport
Lotion SPF 30 |
100ml](#)

E3

R0.00

[Eucerin Kids Sun
Lotion](#)

EC37

R0.00

The ultimate safe, protective and high quality skin caring Sunscreens Extra-long protection for over 6 hours 100% waterproof SPF 80 protects against UVA &UVB & Infrared radiation Strong moisturising, anti-aging, anti-inflammatory action suitable to all Effective UVA & UVB protection for particularly sun sensitive skin, even after cosmetic surgery or chemical peels. An anti-oxidant face cream with a high-dose of Vitamin Complex. Strengthens the skin immune defences and prevents environmentally induced ageing, while freeing tissues from toxins. For all stressed skin needing protection. A light moisturising day cream with a SPF 30 sunblock. Approved by the SABS. UVA & UVB Protection has been scientifically formulated to give your skin the protection it deserves. Water resistant, Non greasy, Fragrance free. Very high UVA/UVB protection for the sensitive skin of children, with quick absorption and moisturiser.

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Quantity:

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[Eucerin Sun Extra
light lotion SPF 50](#) EC2
[| 150ml](#)

R0.00

Strengthens and protects
with a three dimensional
system. For Normal/Dry
Skin and also for use with
Atopic Dermatits.

Quantity:



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[Eucerin Sun Face Cream | 50ml](#) EC4 R0.00

Fast absorbing cream that strengthens skins own cell protection. For sensitive skin and skin with atopic dermatitis. Protects against acute and long term skin damage, strengthening the skin's own cell protection and DNA

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[Eucerin Sun Fluid Mattifying SPF 50](#) EC3 R0.00

repair mechanisms. Light fluid texture provides a non-shiny and non-sticky feel Combination to oily prone skin. After peeling/laser treatment A sun creme with a light tint for the face. Very high UV protection and cell protection. Provides an even, natural tanned-looking skin

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[Eucerin Sun tinted Face cream SPF 50 50ml](#) EC38 R0.00

while protecting from the sun and preventing further darkening of pigment spots. Suitable for normal skin as it melts quickly and leaves no greasy residue. Systemic protection Add to normal protection regime during times of High Exposure Contains Lutein that protects the eye from Macular Degeneration Safe to use for anyone that is immune compromised and children older than 4

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[Heliocare 360 Airgel SPF 50+ | 60ml](#) N52 R0.00

Take one tablet 30 minutes before

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[Heliocare Capsules](#) N24 R0.00

minutes before

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