



## Spring Break Skin Care

### Why do we burn more easily over spring break?

- We spend most of the winter indoors or bundled up, so we don't get as much exposure to uv light
- The sun is at a much lower angle in the sky during the winter, spreading out it's rays and reducing its intensity
- Our skin usually has time to adjust to higher levels of uv exposure gradually over the spring and summer, so it gets easier to burn when we hop off the plane onto the beach
- Dry skin (common in the cold winter months) burns more easily than well-moisturized skin

### Before you go

#### *Suggested products or routines*

- Ditch moisturizers with retinol which makes your skin more sun sensitive. Look for an antioxidant-rich moisturizer
- Exfoliate a few days out to remove dead skin and enhance natural glow. But don't do it right before you leave, or your skin will be more sensitive
- Skip the tanning booth to bronze, and opt for self tanning lotions or sprays. Artificial tans do not protect you from the sun, so be sure to apply sunscreen
  - Or build up your sun tolerance by getting 10 minutes of natural sun a day a few weeks leading up to your trip
- Boost your skin health - hydrate properly (skin & body), up your intakes of Omega 3's, vitamins C & D

### When you arrive

#### *How to protect you skin from the sun*

- Don't use last year's sunscreen—they expire because the sun protection fades with age. Apply 30 minutes before hitting the beach to allow proper absorption, and reapply every 2 hours.
- Ease into the sun, and avoid the 12–1 window when it's directly overhead
- Wear a sun hat, or clothing with UVA/UVB protectors and step into the shade from time to time to give your skin a rest
- Recalls: [Clinique Moisture Surge](#)
- Hydrate!

### When you return

#### *Tips to moisturize and repair sun-damaged skin.*

- Get a facial after vacation to clear your pores from sunscreen, moisturizer and dead cells
- Use products with coconut oil to keep your skin hydrated and nourished
- Immediately treat any sunspots with squalane oil, sandalwood and aloe vera
- Use moisturizing lip balm with SPF to bring your lips back to health & to prevent further damage