

**ULTRAVIOLET (UV) BLOCKS TO PREVENT SKIN CANCER, WRINKLES, BROWN DISCOLORATION AND REDNESS OF THE FACE**

Put a total “sun block” on the exposed skin (e.g. face, ears, bald patches, neck, hands and feet) every morning in **spring, summer and autumn**. On hot, sunny days reapply the sunblock in the afternoon. Wear your UV block (sunblock) even on the cloudy days, as this will prevent wrinkles better than any expensive cosmetics as well as protecting you from skin cancer. Choose a **factor 30 or greater** (i.e. the amount of UVB blockage to protect against sunburn) with a maximum UVA rating to protect against wrinkles and skin cancer. There are two types of sunblocks – **physical blockers** and **chemical absorbers**.

**Physical sunblocks** have no chemicals and are very safe and effective. However, physical sunblocks tend to be more expensive but are very suitable for the face, neck and hands as they are the best “**anti-aging**” cream you can buy. The following are some AlumierMD physical sunblocks which are available from the **Kerry Skin Clinic**. See

[www.kerryskinclinic.ie/shop](http://www.kerryskinclinic.ie/shop) OR [www.alumiermd.co.uk/join](http://www.alumiermd.co.uk/join)

scroll to the bottom of this page and where it says “enter code”, enter our skincare profession’s code: **F8592074**

<b>Sunscreens by AlumierMD</b>				
<b>Product</b>	<b>When</b>	<b>Size</b>	<b>Item #</b>	<b>RRP</b>
Sheer Hydration Broad Spectrum Sunscreen SPF40 (for dry skin)	AM	60ml	12303	€48.00
Sheer Hydration Broad Spectrum Sunscreen SPF40 Versatile Tint (for dry skin)	AM	60ml	12304	€48.00
Clear Shield Broad Spectrum Sunscreen SPF42 (for oily skin)	AM	60ml	12201	€48.00
Moisture Matte Broad Spectrum Sunscreen SPF40 Ivory Foundation (for combination skin)	AM	60ml	12104	€48.00
Moisture Matte Broad Spectrum Sunscreen SPF40 Sand Foundation (for combination skin)	AM	60ml	12105	€48.00
Moisture Matte Broad Spectrum Sunscreen SPF40 Amber Foundation (for combination skin)	AM	60ml	12106	€48.00

The following are some examples of **chemical sunscreens** which can be purchased from your pharmacist or supermarkets. They contain chemicals to make them effective and stable compared to physical blockers.

Sunsense Daily Face SPF 50 (tinted)	75 ml	€17.20*
Sunsense Ultra SPF 50	125ml	€16.35
Sunsense Sports Gel SPF 30	125ml	
La Roche Posay Anthelios XL fluid SPF 50 Suitable for oily skin ,Also available with a tint	50ml	€21.50
La Roche Posay Anthelios XL Comfort cream SPF 50 Suitable for dry sensitive skin + sport. Also available with a tint and as a compact-cream.	50ml	€21.50
La Roche Posay Anthelios XL Stick SPF 50 For lips or localized areas as a dab on.		€10
Boots Soltan S.P.F. 50+ Lotion	200ml	€15.30

Boots Soltan S.P.F. 50+ Lotion	400ml	€25.40
ROC Minesol SPF 50+ Spray	200ml	€20.95
ROC Minesol SPF 50 Face Cream	50ml	€15.95
ROC Minesol SPF 50+ Tinted Face Cream	50ml	€15.95

(\* Prices may vary).

Some high factor sun blocks can be thick and difficult to apply so try a few until you find one you like. Lips should also be protected. You should buy a separate high factor lip block or if you are stuck smear some of your body sun block on your lips. You may prefer to wear a physical sunblock on your face and a less expensive chemical sunblock on your body. Sunscreens should be used together with other sensible sun protection measures such as;

- Wear a **broad brimmed hat**
- Wear long sleeves and long trousers or dresses in the sun
- Avoid prolonged exposure to strong sunlight in the middle of the day
- Sit in the shade

Sunscreens should not be used to allow excessive sunbathing. If you have sensitive skin or skin allergies choose a hypo-allergic, non-perfumed, fragrance free sun block; these are also suitable for children. "Sport" sunblocks are less stinging in case you accidentally get some of the sun block in their eyes. Fake tans and make-up are safe but offer little or no sun protection so you need to wear a total sun block as well. Take a **vitamin D** supplement daily especially in the winter if you are avoiding the sun (800 to 1000IU/day).

The following products contain **high strength micro-encapsulated retinol cream** which is the best topical treatment to **reverse some of the signs of ageing** and too much pigment on the face, neck and hands. These are manufactured in Canada and are only available from Solas Dermatology and Laser Clinic:

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<b>Treatment Serums</b>					
<b>Product</b>	<b>Skin Type</b>	<b>When</b>	<b>Size</b>	<b>Item #</b>	<b>RRP</b>
Retinol Resurfacing Serum 0.25%	Anti-Ageing / Pigmentation	PM	30ml	11300	€88.00
Retinol Resurfacing Serum 0.5%	Anti-Ageing / Pigmentation	PM	30ml	11301	€91.00
Retinol Resurfacing Serum 1.0%	Anti-Ageing / Pigmentation	PM	30ml	11302	€95.00
Retinol eye gel 0.1%	Anti-Ageing / Pigmentation	PM	15ml		€72.50

**Please note: prices may change without notice**