

SUMMER TIP:

# HOW TO CHOOSE THE RIGHT SUNSCREEN?



# WHAT IS UV RADIATION?

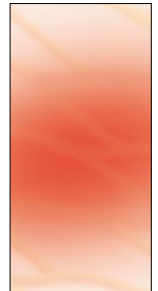


## UVA vs UVB Rays: What's the Difference?

**UVA RAYS** destroy collagen and elastin fibres in the dermis, causing premature skin aging, which leads to the appearance of wrinkles and brown spots. They remain the same intensity all year long, and compared to UVB rays, they go a lot deeper into our skin.



**UVB RAYS** are the more intense, reactive ray. They are responsible for causing sunburn. On unprotected skin, UVB rays trigger an inflammatory response that produces redness and pain in the tissue, commonly called a sunburn.



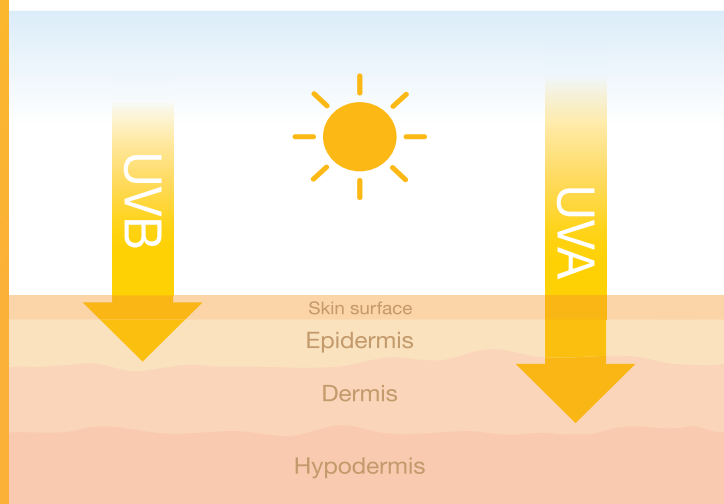
**Both types of rays (UVA and UVB) increase the risk of skin cancer.**

That's why a good sunscreen should protect against both UVA and UVB rays.

TIP TO DISTINGUISH  
**THE DIFFERENCE  
BETWEEN UVA &  
UVB:**

**THINK:**

- » **A FOR AGING**
- » **B FOR BURN**




# HOW TO PROTECT YOURSELF?



## How To Protect Yourself From UVB Rays ?

### What is SPF?

 SPF stands for **Sun Protection Factor**. The number beside it indicates the level of protection provided against UVB rays and, therefore, how well the sunscreen protects skin against sunburn.

 The Canadian Dermatology Association (CDA) recommends choosing a product with an SPF of at least 30.

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- While sunscreens with a higher SPF offer slightly more protection, the gains are minimal. A sunscreen with an SPF of 30 provides 97% protection against UVB rays
  - While one with an SPF of 60 provides about 98.3% protection, which is only slightly higher.

This small difference can nevertheless offer significantly better protection during outdoor activities and sports that involve prolonged sun exposure.

**Warning: A higher SPF does not provide longer protection!**

**It's important to remember that while higher SPFs offer more protection, they don't last any longer than lower numbers, so you need to reapply them just as often!**

## How To Protect Yourself From UVA Rays ?

### Choose sunscreen that offers broad-spectrum protection.

 There is no protection factor against UVA rays.

 To ensure that the sunscreen provides UVA protection, look for the words "broad spectrum" on the label.

 Only broad spectrum sunscreens protect against both UVA and UVB rays!

# SUNSCREENS: WHICH ONES TO CHOOSE?



## SPF 30

### Specifications

- Broad Spectrum UVA/UVB
- Water resistant (40 minutes)
- Hypoallergenic
- Dries quickly with no oily residue.
- Unscented
- Moisturizing aloe and vitamin E
- Dermatologist tested
- FDA Approved
- Health Canada approved



DEG-12340  
120 ml



DEG-12350  
1L



Deg-12100  
Wire Wall Mount

## SPF 50

### Specifications

- Broad Spectrum UVA/UVB
- Water resistant (80 minutes)
- Hypoallergenic
- Dries quickly with no oily residue.
- Unscented
- Dermatologist Tested
- FDA Approved
- Health Canada Approved



DEG-12380  
120 ml



DEG-12390  
750 ml

## Apply sunscreen properly!

Apply one ounce (about a shot glass full) to your entire body!

### When?

- Every day.
- 30 minutes prior to going outdoors.
- Reapply every two hours.



# LIVE A SUN-SAFE LIFE!

## BEYOND SUNSCREEN...

Keep in mind that while crucial, sunscreen alone is not enough. No single method of sun defense can protect you perfectly.

- **Be sure to apply the sunscreen properly.**
- **Seek the shade whenever possible.**
- **Wear a hat.**
- **Wear sunglasses that block UV Rays.**
- **Wear sun-safe clothing.**

