

SUNSCREENS

Daily sunscreen used both summer and winter has been proven to decrease the incidence of melanoma and will prevent wrinkles and brown spots. These are facts.

Your product should be an SPF of at least 30. The best sunscreens always contain minerals, most often Zinc Oxide or Titanium Dioxide, and the very best will have additional high-tech ingredients, especially antioxidants.

Skin Medica **Essential Defense** is a broad-spectrum sunscreen that provides excellent protection against UVA/UVB rays. This lightweight sunscreen, which also comes tinted, protects you from damaging rays and includes ingredients that improve the appearance of your skin tone and texture.

The **TNS Ultimate Daily Moisturizer** also contains TNS growth factors, which rejuvenate older skin. TNS has been clinically shown to improve the appearance of fine lines by stimulating the growth of new collagen.

Skin Medica's sunscreen **Total Defense and Repair** is the most effective for blocking the infrared rays that penetrate our skin the deepest, resulting in skin blotchiness. A clinical study showed that 90% of users note improvement in skin firmness and texture after 8 weeks.

We sell a variety of mineral-based sunscreens. Other high-quality sunscreens can be purchased at cosmetic counters. In general, higher priced sunscreens have ingredients to help improve the appearance of your skin; they may also be tinted or formulated to make your skin look and feel smoother. In terms of preventing skin cancer, any sunscreen on our list will be an excellent choice.

FOR BEST RESULTS:

- Apply every morning in front of the mirror before you put your shirt on, after moisturizers and before lipstick and powder.
- Shake water based sunscreen lotions before applying.
- Apply to face, ears, back and sides of neck. Ladies especially should treat upper chest and back of hands to prevent brown spots.
- Make it a habit, just like brushing your teeth. Summer, winter, cloudy, rainy, long wave UV light is always touching your skin even when driving on an overcast day.
- Keep it interesting. Have a variety of sunscreens on hand to choose from; oil free, tinted, moisturizing etc. depending upon the season and your activities.

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<u>NAME</u>	<u>SPF</u>	<u>ZINC</u>		<u>SIZE</u>	<u>PRICE</u>
Blue Lizard	30+	6%	Beach, pool, sports, yard work. Zinc plus chemical sunscreen ingredients.	9 oz.	\$26.50
Solbar Zinc	38	7.5%	General purpose daily sunblock Zinc plus chemical sunscreen ingredients.	4 oz.	\$12.95
Solar TiZ _o 3 Facial Mineral Fusion	40	3.8% Zinc 8% Titanium Dioxide	Darkly tinted facial block, chemical free Can be used over a facial moisturizer which already contains SPF or as a base for make-up	1.5 oz.	\$35.95
Hydrating Balm Sunscreen	45	5.5% Zinc 4% Titanium Dioxide	Re-apply to lips throughout the day	.14 oz.	\$15.00
Skin Medica Essential Defense	47	12% Zinc Non-Tinted	Light weight broad spectrum sunscreens that provide excellent protection against UVA/UVB rays while improving the appearance of your skin tone and texture.	1.85 oz.	\$38.00
Skin Medica Essential Defense	32	6% Zinc 5% Titanium Dioxide Tinted		1.85 oz.	\$38.00
Skin Medica Total Defense & Repair	34	8% Zinc Non-Tinted	Broad Spectrum sunscreen. Protects skin from the damaging effects of infrared-A, as well as UVA and UVB. Rejuvenating sunscreen which supports the skin's ability to restore itself, plus corrects the signs of aging for total skin health in 4-8 weeks.	2.3 oz	\$68.00
Skin Medica Total Defense & Repair	34	8% Zinc 3.5% Titanium Dioxide Tinted		2.3 oz	\$68.00