

The Men Do Get It Sunblock for Men



Take cover!

Although I've been told that men have skin that's one and a half times thicker than women (really!), it still doesn't exempt them from the harmful effects of the sun.

Sure, metrosexuals are now taking more care and paying more attention to their skin, what with a steady cleansing routine and all. However, there is one essential element often neglected, and that's sun protection. Whether you're a man or woman, sunblock and sunscreen have to be an essential part of your daily skin care, especially with the ozone layer thinning out.

A, B AND SEE

Though they can't be seen with the naked eye, UV rays can still cause much harm. UV rays are divided into three types – UVA, UVB and UVC rays. UVA rays have longer wavelengths, and are recognised as a deep-penetrating radiation. These are also the type of UV rays which can pass through window glass, unlike UVB rays which have shorter wavelengths and are primarily responsible for sunburn. UVC rays are absorbed by the ozone layer and do not reach the surface of the earth.

UVA rays can induce an immediate pigmentation due to the oxidation of the melanin pigments found in the upper layer of the epidermis. These usually disappear in a short time. With repeated sun exposure, UVA rays can cause photo-ageing, and the symptoms of these are particularly visible on the face and neck. In fact, the first signs of photo-ageing can appear from the age of 25. (do I hear a collective gasp out there?) Signs of photo-ageing include skin elasticity loss, dull skin complexion, wrinkles around the eyes, uneven skin complexion and darkening spots.

The most familiar symptom associated with overexposure to the sun is sunburn. Also known as Erythema, sunburn causes your skin defense system to become saturated, and when the blood vessels become distended, your skin becomes red and painful.

GET PROTECTED

As with sex, the only way to go is safely. Other than staying out of the sun, reduce your risk of skin cancer and photo ageing with the following methods.

Sunscreen is a definite essential to your daily beauty regime. We know that the numbers on the packaging can seem intimidating, but just get one that's at least SPF15 and apply it 20 minutes before heading into the sun.

What's SPF you say? It's short form for Sun Protection Factor. The higher the SPF of a product, the longer you can stay out in the sun before your burn.

Look cool at the same time that you're protecting your skin. Get a pair of sunglasses with "UV400" labels to prevent cataracts. Also, did you know that a white, dry cotton shirt provides an SPF of about eight? The darker the fabric colour, the more the SPF. This just serves as another excuse for you to don that slimming black top.

BENEFITS AND DANGERS OF THE SUN

Benefits

- Synthesis of Vitamin D, essential to calcium fixation
- Temporarily improves the condition of some dermatoses
- Mood improvement
- Warms your body up

Dangers

- Skin cancer
- Cataracts
- Causes skin ageing
- Photodermatitis (allergies and hives)
- Sun burns

EXPOSE YOURSELF

The amount of exposure you get from ultraviolet (UV) radiation depends on several factors:

- Time of Day: Maximum exposure to UV radiation occurs between 10 am and 4 pm.
- Season: The intensity of UV radiation is much greater during the summer months. (in countries where they have four seasons)
- Altitude: UV radiation increases by 4% per 1000 feet elevation. For example, there is 20% more UV radiation at 5000 feet (most ski resorts) than at sea level.
- Cloud Cover: A thin cloud cover reduces UV radiation by only 20-40%.
- Reflection: Reflected UV radiation is just as damaging as direct UV radiation.
- Sand/concrete reflects 25% of UV radiation.
- Water reflects up to 100% of UV radiation.
- Snow reflects 85% of UV radiation.



1. Biotherm Homme UV Defense SPF50
2. Biotherm White Detox Extra Dual Layer SPF25
3. Biotherm UV Detox SPF50+
4. La Roche-Rosay Fluide Extreme Corps SPF50+
5. L'oreal UV Perfect SPF50
6. Lancome Expert DNA Shield SPF50
7. Shiseido Ultimate Sun Protection Cream for Face SPF50
8. Vichy Capital Soleil Ultra Protection SPF50+
9. Dermalogica Water Block Solar Spray
10. Dermalogica Oil Free Matte Block SPF 20
11. Clinelle UV Defence SPF 28 (White)