

# Health & Beauty

## SUNSCREEN

The ultimate anti aging product  
Don't leave home without it.

Spring is finally arrived and we are able to get out and enjoy the sunshine, but before you step outside, know the facts.

The sun causes:

- Sun burn which is painful and could be dangerous.
- Sun damage such as brown spots, large pores, rough textures, broken capillaries and wrinkles.
- Skin cancer which is the most commonly occurring cancer with over a million cases every year. If detected early skin cancer has a 99% cure rate.

Now that you know the facts don't be afraid to step outdoors. Even if you think you're out of the sun, think again. No matter the weather, the sun can affect your skin.

Ways to protect yourself:

- Apply sunscreen in the morning and reapply 1-2 hours if you're in direct sunlight (like on a trip to the beach).
- Mineral make up is a natural sun block. If you don't like a lotion on your face mineral foundation is perfect for you. You're better off wearing mineral make up then no make up at all. It protects and nourishes your skin with antioxidants and minerals.
- Make sure that you use a broad spectrum sunblock which protects against UVA (aging rays) and UVB (burning rays)

If you really want a beautiful tan, tan the healthy way, spray tan.



## chill

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