



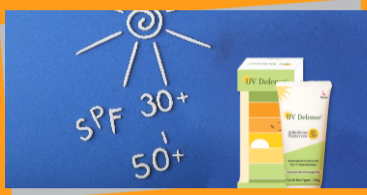
# Defense against UV



Your skin is exposed to the sun's harmful UV rays every time you step outside, even when it's cloudy or winter. Be it a vacation or going for a brisk autumn walk, don't forget to apply **UV Defense**.

Sunscreen can also protect your skin from premature aging, however, it is ineffective unless properly applied.

Follow these dermatological recommendations when applying a sunscreen:



**Choose a sunscreen that has an SPF of 30 or higher, water resistant properties, and broad-spectrum coverage**, which means it protects you from UVA and UVB rays.



**Use enough sunscreen:** Most adults need about 1 ounce — or as much as to fill a shot glass — so that your body is fully covered. Rub the sunscreen thoroughly on your skin.



**Apply sunscreen before going outdoors.** It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.



**Reapply sunscreen every two hours to remain protected when outdoors.** People who get sunburned usually don't apply enough sunscreen, or don't reapply after being in the sun. Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter. So, remember to use sunscreen.

Source: AAD

## How to apply



Apply adequate on the exposed areas at least **15 minutes** before sun exposure



Re-apply in every **2 hours** or after swimming or sweating



Apply **everyday** for maximum protection

## Scientifically Designed Sun Protection for Every Skin Type



SPF 50 PA+++



No White Cast



Light Weight



Quick Absorption



Water Resistant



Dermatologically Tested

