



Searles Wellness

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Skin savers for everybody to follow

Not only does the sun age your skin, but it can also lead to skin cancer. So no matter what shade your skin is, where you live, or how long you plan to be outdoors, it's smart to protect yourself from the sun's rays.

Here are four ways to help save your skin from sun damage.

- Avoid the sun. Stay indoors or in the shade during midday, between 10 a.m. and 4 p.m.
- Cover up. If you're outdoors, put on a wide-brim hat, sunglasses, and clothing that covers your arms and legs.
- Use sunscreen—and be sure to use plenty. Plan to use between 2 and 3 tablespoons to cover your entire body. It's best to use sunscreen with an SPF of 15 or higher.
- Apply sunscreen regularly. Put on sunscreen about 30 minutes before you go outside. Then, apply it again every hour or after you go swimming.