



Face it and Fake it



DO YOU KNOW WHAT DAMAGE THAT GOLDEN TAN IS DOING TO YOUR SKIN?

Holidays are when most of us turn pink (or lobster red) in thwarted attempts at getting a golden tan - you can always spot the paddies abroad! But do you know the damage those tanning attempts are doing to your skin? Or do you know and think there is no need to worry?

Skin cancer is the most common type of cancer in Ireland with more than 5,500 new cases being diagnosed every year. Most Irish people have pale skin (meaning a high risk of sunburn) but still risk causing long-term damage to the skin by getting burnt and all for the sake of a tan!

The science bit:

The sun produces three types of ultraviolet radiation (UVA, UVB and UVC). UVA and UVB can both cause skin cancer.

- UVB is the one that causes sunburn (even when you tan, your skin has been damaged).
- UVA which can affect your skin through clouds and glass, causes skin to age earlier than it should (those dreaded wrinkles) and increases the risk of skin cancer. How much do you spend on trying to combat wrinkles?
- Choose a sunscreen that offers protection against both UVB and UVA rays.
- The SPF only tells you how much protection the product gives against UVB rays.

Even in cloudy weather the skin can absorb UV rays, so you should use sun block EVERYDAY to protect your skin. Sun beds are also a big no no! Your skin absorbs high levels of harmful UV rays every time you intentionally bake yourself.

But I hate being pale!

Understandably, you hate being pale and yes, we all look better with a tan, but really there are no exceptions. Molloy's Lifestyle Pharmacy stock multiple good brands of fake tans. If you apply them correctly there is no difference to a real one and you don't run the risk of developing cancer! Call in to any of our stores to get advice on what one suits your skin best. Stay out of the sun, it's a wise decision!