

All  
As Glow

# Sun-proof your skin

LET YOUR SKIN BE SUN-KISSED, INSTEAD OF SUN-STRESSED!  
APARNA GUPTA GETS THE COMPLETE LOWDOWN FROM  
BEAUTY EXPERTS ON HOW TO BE SUN SAFE

It is one thing to use colour cosmetics to hide the flaws of your complexion due to the harsh rays of the sun and it's quite another thing to flaunt a healthy, bright complexion in the severest of summer months. While even the experts agree it's an uphill task to sun-protect the skin, especially in the Indian summer, it is certainly not impossible.

## WHY BE SUN-SAFE?

Are sun spots clouding the flawlessness of your complexion or fine lines marring your young face? Or are you struggling with the dark, tanned appearance of your skin? Chances are that you have not been sun-safe. There has been an increasing awareness of the hazards of cumulative sun exposure on the skin. Giving an overview, Dr Jamuna Pai, Cosmetic Physician says, "The solar radiation in summer is responsible for most of the

negative skin conditions like pigmentation, darkening of freckles, sunburn, skin tanning, appearance of wrinkles, enlargement of blood capillaries on the face (rosacea) and increase in conditions like prickly heat and fungal infections." Sun damage is caused by frequent exposure to damaging ultraviolet (UV) rays. UV is an undetectable form of radiation emitted by the sun. There are two types of UV rays, UVA and UVB. UVA

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