

# CARP (CANADIAN ASSOCIATION OF RETIRED PERSONS MAGAZINE)

## Does your moisturizer protect your face?

Article By: Kristen Melville-Laborde

Do you believe your SPF15 facial moisturizer protects you from those harmful UVA rays? Guess again. Unless your product is clearly marked UVA/UVB the chances are it's only protecting you against UVB rays, the main cause of sunburn and development of skin cancer. But it is the UVA rays that are responsible for penetrating into the deeper layers of the skin destroying skin fibres and elasticity, causing premature aging and wrinkles. Unless you know what to look for you might not be as well-shielded from the rays as you think.

The reason UVA protection may not be included in your moisturizer is that its presence changes the consistency of the product. "In order to successfully emulsify, the UVA protection ingredient needs to be mixed with an oilier, greasier base. Sunscreen in general needs to have an oilier base than most moisturizers in order for it to stick to your skin," says dermatologist *Dr. Peter M. Vignjevic*.

Since grease and oil are both undesirable in a cosmetic product for your face, most moisturizers don't contain UVA protection, leaving you exposed, unless you make a point to apply it separately.

What can you do:

- Add a UVA/UVB sunscreen to your daily regime or find an all inclusive product that can do both.
- Make sure the product is clearly marked "UVA/UVB protection."
- Look for products containing the ingredients oxybenzone, titanium dioxide or Parsol 1789 (avobenzone) and Mexoryl SX; which block sufficient UVA rays.

© June 2006 CARP magazine