

Love your skin



What are UV Rays?

UV rays can cause serious damage to your skin. The two types of UV radiation that affect the skin are UVA and UVB which have both been connected to skin cancer and a weakening of the immune system. These harmful rays also contribute to premature aging of the skin, cataracts and skin discoloration.

UVA Rays - UVA rays are not absorbed by the ozone layer and penetrate deep into the skin which heavily contributes to premature aging. Up to 90 percent of the visible skin changes commonly attributed to aging are caused by sun exposure. UVA rays are found in tanning beds and sunlamps.

UVB Rays - UVB rays are partially absorbed by the ozone layer, mostly affect the surface of the skin and are the primary cause of sunburn. They are considered the main cause of basal and squamous cell carcinoma, as well as a significant cause of melanoma.

The level of the UV that will reach you depends on the following:

TIME OF DAY: UV is the strongest when the sun is at its highest in the sky. That is between 10 AM and 2 PM. The UV is usually less in the early morning and late afternoon.

SEASON: While UV contact is the greatest in the summer, it is essential to keep in mind that the UV rays connect with the earth every day of every season. Eighty-five to ninety percent of the UV rays are reflected by concrete, sand, water and snow. Keep in mind that you can burn even on a cloudy day.

ALTITUDE: It has been found that the air is cleaner and thinner at higher altitudes. That results in the UV rays to be greater in the mountains than in the valleys.

LOCATION: UV is at its strongest at the equator and becomes weaker as you travel in the direction of the poles. If you live in or are traveling to the tropics, you should be prepared. Take your sunscreen with you and remember to put it on.

TIME IN THE SUN: The longer you are in the sun, the more your body is in contact with the UV rays. Remember to take precautions.

Taking Heliocare oral supplements will help protect your skin against sun damage. Although sunscreens provide different levels of protection against UVB and UVA rays and protect from burning, they can't completely halt all damaging UV rays from penetrating the skin. Heliocare oral supplements work by maintaining the skin's natural ability to handle sun related effects and aging.