

## **The secret to youth is decreased sun exposure 🌸**

*The most common stumbling block to getting dramatic results and being a good candidate for treatment is sun exposure.*

But, you say, “I live in Hawaii! I love the sun and I am in it every day.”

We understand. We moved to paradise and we want to enjoy it. But, here’s the rub: nothing will age you more, or reverse your great results, than unlimited sun exposure. Here are some tips to keep you looking young, beautiful and radiant in our island home.

- Don’t skimp on the sunscreen. It is not enough to have it in your foundation/make up. Apply mineral based SPF 40+ sunscreen every day, even when inside. Find a sunscreen that you like, then keep one in your car, your home and your office.
- Kick it up a notch when at play. Wear a serious sunscreen stick when in the water or at the beach. With tints available, you can be ultra-protected and still look great. But even if you only have a white zinc stick, use it! Because, isn’t it better to glow at dinner than burn at the beach? 😊
- “Wear a hat” means... a wide brimmed hat - not a visor nor a baseball cap. Did you know that walking from your car to the store has the same exposure as a beach day? Wear your hat when going on errands to greatly decrease sun exposure. Wear a hat while driving! Get several hats for different situations. One hat will not keep you happy.
- Get your surf/swim/paddle in early in the morning. In by 7am, out by 10am gives you three hours of ocean time in our gorgeous blue waters. Can’t go early? Look for sunset time, and take advantage of the time between sunset and last light.
- Out of town guests coming? Consider night activities to balance day activities such as the Manta Ray night tour, Luaus, and gorgeous sunsets.

Living in Hawaii means loving the sun. We can prevent premature aging and sun damage with a positive mindset and simple lifestyle choices. 🌸

Oh, and Laser Skin Rejuvenation at Natural Results Medical Aesthetics. We got you covered.