

Essential Facts on Day Time Skin Protection

Wrinkles and Pigmentation Don't Happen Overnight

Have you ever wondered why the skin on your hands and face(and other sun-exposed areas) seems to age faster than the skin on say, your stomach (and other areas covered by clothing)? Go ahead, just take a look and compare now.

As you know, sun-tanning is bad for your skin. Even if you don't indulge in regular outdoor activities, daily sun exposure even from just driving, walking etc, can lead to wrinkles, pigmentation, sagging and on a more serious note, skin cancer.

Sun-induced skin damage doesn't happen overnight. It is a result of accumulative, regular exposure to the sun over the years. No amount of anti-wrinkle creams or whitening cream would be any good if you don't protect your skin from the sun.

What Other Consequences of Sun Exposure?

Your skin is your body's first line of defence. It is where important immune cells such as the langerhan cells are located.

Recent studies confirmed that even brief exposure to the sun could temporarily disable the skin's immune system. The langerhan cells are especially vulnerable to sun exposure.

Therefore, besides affecting the beauty of your skin, regular, unprotected sun-exposure could compromise the body's health condition too.

Other Daytime Hazards: Environmental Pollutants

For city-dwellers, besides UV rays, other skin hazards to look out for include pollutants emitted from vehicles, ozone, etc. Not only do such pollutants choke up your skin, they also generate lots of free radicals. Thus, besides protecting your skin from the sun, a good day cream must also be able to protect your skin effectively from the harmful effects of pollutants.