

Summer Sun News - 2005

Seasons Medical Spa, N. Eugene Morrow, M.D., Dermatology

Drop by Seasons to check out our newest selection of sunscreens. The **Sol-Bar 30 Liquid** is Dr. Morrow's favorite. Its alcohol base is light, non-greasy, and easy to apply. Cindy prefers the **Estion Daily Facial Moisturizer**. This sunscreen is also an excellent foundation under makeup and contains Hyaluronic Acid, a proven natural moisturizer with superior hydrating properties.

Alicia loves **Seasons' Active Daily Hydrator**. It is a wonderful moisturizer for oily to normal skin. It preserves your skin's moisture without adding oil and is a great daily sunscreen to protect your delicate skin in every Season.

For a day at the lake, Tracy will take along her **VaniCream SPF 15**. It is very water resistant and has added Vitamin E, which helps to prevent sun damage by neutralizing the free radicals that are produced when the skin is exposed to the sun. Of course, even with sunscreen, she remembers her big floppy hat. She is sending a bottle of **SolBar Zinc 38** with her son and daughter. Not only does the transparent Zinc Oxide protect from the sun's rays, its moisturizers keep their skin from flaking and peeling.

Sheri is a long distance runner. Naturally, she tries to run early in the morning and later in the afternoon, when the sun's rays are not as high. In addition, we send her out with the **Vanicream 35**. Exercise can be sweaty business, so she needs to take a break every two hours to reapply.

Sheila recently had an IPL™ (Intense Pulsed Light) Photofacial. She's had extreme sun exposure in the past and is combining Glycolic Acid Serum, microdermabrasion and lighteners to even her pigmentation and fade the brown spots. To protect her skin from further damage, we recommended the **Sol Par PF 50**.

Everyone wants beautiful lips. Our **VaniCream Lip Protectant** protects the delicate skin around your lips from burning and keeps your lips moist and kissable.

SUN PROTECTION - HELPFUL HINTS

1. Use sunscreen daily. Pay special attention to your sunscreen in the summer. You'll need a full ounce of sunscreen to cover your entire body.
2. Apply sunscreen at least 20 minutes before sun exposure. Allowing time for adsorption makes the sunscreen more effective. Don't forget to reapply your sunscreen frequently – every two hours if you are sweating and every time when you get out of the pool or lake.
3. Choose a sunscreen that is broad spectrum, protecting from UVA and UVB rays.
4. Remember to protect your children, too. Even one severe burn in childhood increases the chances for skin cancer later in life.
5. Sunscreen only lessens the sun's damaging effects. Wear a hat...a four inch brim is best. And stay out of the sun between 10 am and 3 pm.
6. Sun rays penetrate glass. (Remember your sun faded furniture and drapes.) Apply sunscreen when you are driving or spending time in a sunny room.

SUFFERING FROM SUN DAMAGE???

Seasons Medical Spa can help. Sun-induced freckles, brown spots, and dry leathery skin are all signs of sun damage. Seasons offers a variety of treatments to restore a healthy, more youthful appearance to your skin. Peels, microdermabrasion, home care products, and IPL Photorejuvenation can significantly reduce the visible signs of sun damage and aging.

The Ozarks' summer sun can be very intense. Even with the use of sunscreens, it is important to continue good skin care treatments. Let our licensed professional aestheticians advise you on getting started or maintaining your skincare program. Call Seasons, 417.882.1133 to schedule an appointment today.

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