

# ATOMY

## Sunscreen SPF50+ PA+++



# Did you Know?

90% of visible signs of aging are due to sun damage



Up to 80% of the sun's harmful UV rays can penetrate your skin, even on cloudy days!



You need to reapply sun protection every two hours



By age of 18 most people have received 80% of their lifetime sun light



80% of premature skin ageing happens due to lack of sun protection

# What type of sunscreen you should use?

Water-resistant

It should have a SPF of 30 or higher

Make sure it offers broad-spectrum (UVA and UVB) protection

Moisturizers with SPF makes even skin tone and hydrate and plump your skin all season long

Available sunscreen options include lotions, creams, gels, ointments, wax sticks and sprays depending on the area you would like to protect



# What is SPF ?

**SPF stands for  
sun protection  
factor**

The number attached to it represents the level of sun protection provided against harmful UV rays

Higher the SPF number, the more protection it offers the skin from UV-B rays

- SPF 15 blocks approximately 93 percent rays.
- SPF 30 blocks 97 percent rays
- SPF 50 blocks 98 percent rays



# What is PA?

PA means  
**protection**  
against UVA rays

This is Japanese measurement ranking which is now widely used, is based on the Persistent Pigment Darkening (PPD) reaction reading at 2-4 hours of sun exposure

Protective grade of sunscreen is often levelled as PA+, PA++, PA+++

More plus sign represents more protection from UVA rays

PA+ means UVA protection between **two to four hours**  
PA++ can provide moderate protection against UVA rays between **four and eight hours.**

✓ It is ideal for normal skin individual exposed to medium UV radiation.

PA+++ is designed to protect for **more than 8 hours**

✓ It is the highest grade of UVA protection currently available



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# Difference between UVA and UVB rays?

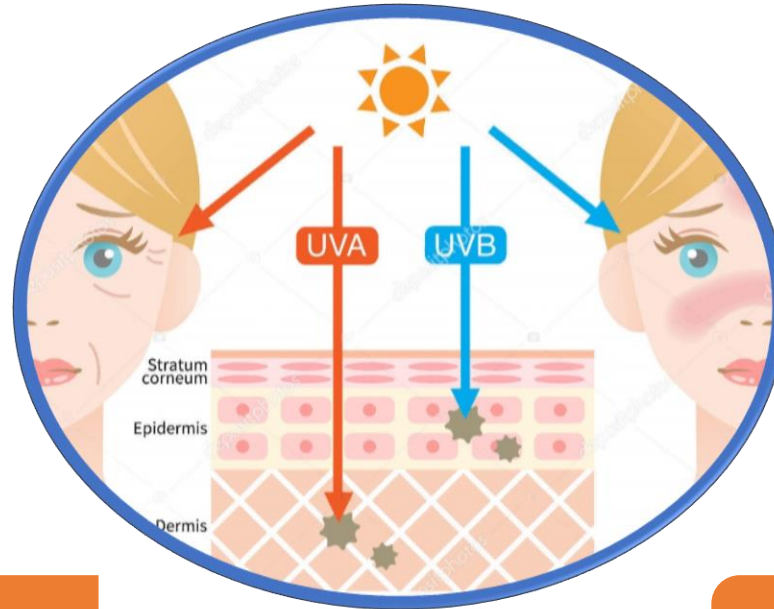
## UVA

Longer wavelength

Associated with skin aging

Penetrate deeply into skin till Dermis

Protected by PA



## UVB

Shorter wavelength

Associated with skin burning

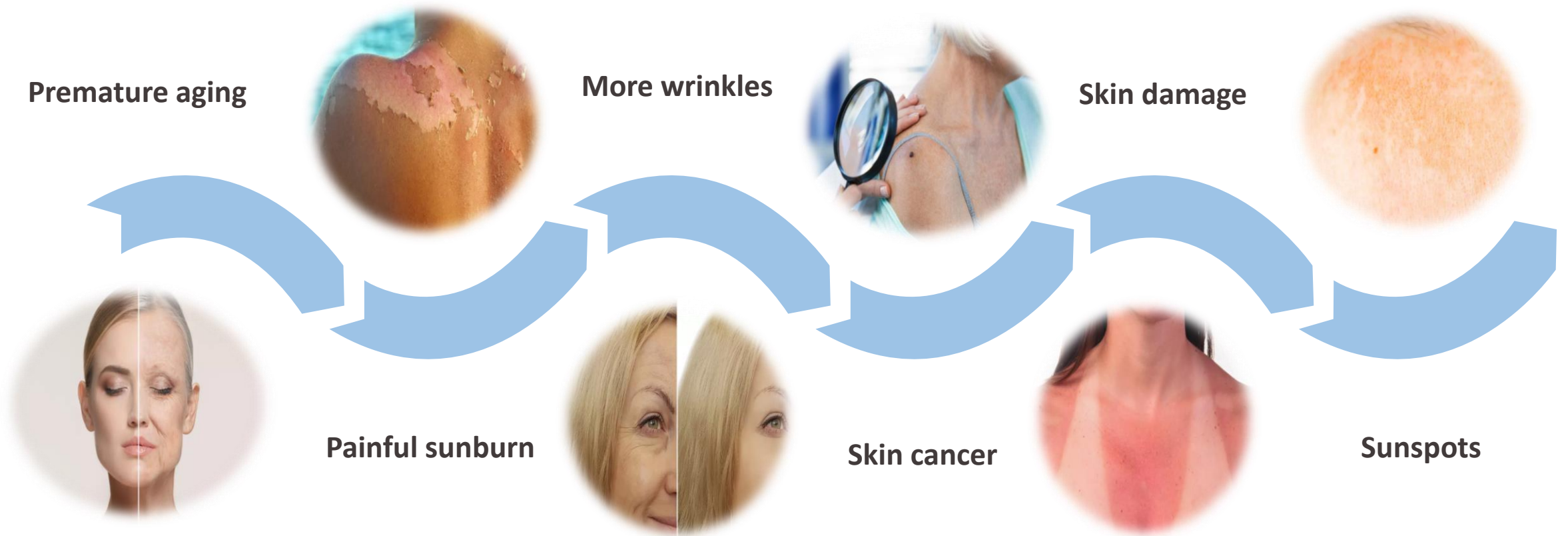
Enters till epidermis

Protected by SPF

# Benefits of Sunscreen



# What happens if you don't wear Sunscreen ?



# Facts about Sun care

How does one know if they've  
have suffered from sun  
damage?

Uneven patchy skin tone,  
excessive tanning and  
pigmentation. Long term  
exposure leads to an increase in  
wrinkles, lines, age spots, etc

1



2

It should be applied at least  
25-30 minutes before stepping  
out in the sun

Can you apply sunscreen and  
immediately walk out in the sun?



Do we need to apply  
sunscreen in winters?

Even though in winter, outside is  
colder, your skin may be absorbing  
more of the ultraviolet rays, hence,  
it should be maintained all year

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# Facts about Sun care

What if skin feels dry after applying sunscreen ?

Apply Nutrition Cream before putting sunscreen

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No. In fact the more you are exposed to sun to take vitamin D its important to wear sunscreen.

If I wear sunscreen often, can I get a vitamin D deficiency?

Can I be allergic to sunscreen?

Specific product can be allergic to people depending upon reaction to particular ingredients

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# Things to remember before applying Sunscreen



**Choose sunscreen with higher SPF for broad-spectrum coverage**  
Should protect you from UVA and UVB rays



**Apply sunscreen before going outdoors**

It takes approximately 30 minutes for your skin to absorb the sunscreen and protect you. Do not immediately step out after applying sunscreen.



**Apply sunscreen to all bare skin**

Remember your neck, face, ears, including hands and feet



**To remain protected when outdoors, reapply sunscreen every two hours, or immediately after swimming or sweating**

Apply even on cloudy days and in the winter



**Use enough sunscreen**

Take adequate quantity and rub the sunscreen thoroughly into your skin





rise  
shine  
wear  
sunscreen

**Thank You!**

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