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6 Tips for Protecting Your Skin This Summer

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Enrique Ramirez (Source:face to face nyc)

The summer sun can wreak some damage on our skin. There are ways to prep your skin before hitting the sun and keep it safe all summer long.

Enrique Ramirez, founder and lead esthetician at [face to face nyc](#), draws upon nearly two decades of industry experience to offer these six important tips.

1. Always apply SPF sunscreen if you plan to be outdoors for an hour, even during cloudy days as research proves that strong ray of lights gets through to them and can cause damage. Never leave home without your SPF application especially, during the upcoming summer months.
2. If possible, avoid direct sun exposure during 10 am and 4 pm as that's when the sun is at its mightiest.
3. Get naked and stand in your lit bathroom as you check for moles, any irregular shapes, or any lesions that won't heal or bleed for no apparent reason.
4. Always follow the ABCDE's when self-examination; asymmetry, border, color, diameter and evolving.
5. If you're a fitness buff and prefer the outdoors like hiking or jogging be sure to start early in the day or later in the afternoon and get yourself fitted into clothing with built-in SPF to keep your skin protected.
6. If you live in a walking city and fearful of fine lines and wrinkles like me, use the shady side of the street to walk your pooch or errands.

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