



Use a broad spectrum sunscreen (UVA and UVB) with at least an SPF 15.

Protect your skin and enjoy young, glowing skin for years to come.

Limit
sun exposure
between
11 a.m. and
4 p.m.

Tanning the naked truth

Tanning
causes
wrinkles,
blotchiness,
and *sagging*
of the skin.

Tanning
increases
your risk
of skin
cancer.

There
is no
safe way
to tan.



There is a third
solution
surface.
(L1 and L2)
with at least
one L1 L2.

Cover up
and seek
shade where
possible.

Self-tanning
creams, and
lotions are
safe and do not
harm the skin.