

## SUN, SKI & SKIN

### A must-read for those taking a skiing holiday this winter



If you're going on a winter skiing holiday this year don't forget to pack your sunscreen! Although it might sound strange, your skin can burn in the snowy ski slopes, leaving you with embarrassing 'panda eyes' and a sore red face.

The amount of UV rays that reach the earth's surface increases by up to 5% for every 1,000 feet above sea level you are, plus both ice and water are very good reflectors of UV radiation.

This means that areas that are typically exposed to the elements such as the hands, face and head are the key areas to apply sunscreen to. Liberally apply sunscreen, which is at least SPF30 or higher – don't forget to look for a one with a high level of UVA protection.

#### Top tips

- Re-apply sunscreen as frequently as you would in the summer time to all exposed areas of the skin.
- Don't forget any exposed areas that we often miss when applying sunscreen such as the ears, lips and back of the neck.
- Stay moisturised. This won't protect you from the sun, but winds and colder temperatures will strip the skin of its natural moisture, leaving it drier and more susceptible to cracking.

**Dr Anjali Mahto, consultant dermatologist & British Skin Foundation spokesperson** agrees. *"It's all too easy to forget about skincare when you're covered from head to toe, but at altitude, the risk of sunburn remains high. It's vital to adequately protect exposed sites with high factor broad spectrum SPF and remember to reapply frequently."*

The **British Skin Foundation** is the only UK charity dedicated to raising funds for skin disease and skin cancer research. There are **eight million** people living with a skin disease in the UK, some are manageable and others are severe enough to kill. **Seven** people die every day in the UK from skin cancer. **It Takes 7** is a fundraising campaign set up to raise as much money as possible to fund research into skin cancer.

Skin disease doesn't just affect the skin. It can have a huge impact on a person's day-to-day life, crush self-confidence, restrict movement, lead to depression and put a huge strain on families as well as personal relationships. Our unwavering commitment to funding quality research means we won't stop until we've found cures for common skin problems like eczema and acne through to potential killers like malignant melanoma.

Photo: Pawel Kadysz (Stocksnap)

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#### Find us online here:

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