

FACT SHEET

Sun Damage

Sunlight (Solar or UV radiation) is the single most important factor in skin damage and skin ageing. Ultraviolet (UV) radiation accelerates and amplifies all major ageing signs, including wrinkles, pigmentation, vascular disorders, dehydration and collagen degradation.


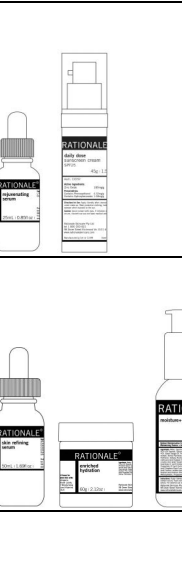
The term “sun damage” is usually used to refer to major changes to the skin’s characteristics brought about by prolonged unprotected exposure to UV radiation. Typical symptoms are weak underlying structures, mottling, “pebbling,” crepeyness or thinning, roughness, dryness, inflammation and hyperpigmentation.

Sun avoidance is of course crucial to avoiding sundamage. When sun exposure is unavoidable, regular application of a high SPF (more than SPF15) sunscreen will provide protection against UV radiation.

For the damage that has already been done, treatments are available to help restore skin’s vitality and function. The two major treatment options available at this time include:

1. Topical Therapy – daily use of vitamins A, B3 & C, alpha-hydroxy acids and moisturisers. Light chemical peels can also have a rejuvenating effect
2. Photo Therapy – IPL (Intense Pulsed Light) has proven extremely beneficial for sun damage.

Our T_x for Sun Damage

PROCEDURES	<p>IPL (Intense Pulse Light) Chemical Peels (Prescription and Non-Prescription) Laser resurfacing</p>
DAY	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Niacinamide Serum 3. Rationale Rejuvenating Serum 4. Rationale Daily Dose SPF 25 
NIGHT	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Retinaldehyde Serum 3. Rationale Skin Refining Serum 4. Rationale Enriched Hydration or Moisture+ 
WEEKLY MONTHLY	<ol style="list-style-type: none"> 1. Procedure microPeel 2. Procedure Customised Peels 