

Protect Your Skin This Holiday!



With the summer holidays in full swing and South Africans are spending most of their time in the sun. This excitement may cause a more relaxed attitude about the time spent outdoors, but it is important to always remember that sun protection is vital and actually not optional.

Noticeable changes to the skin can be caused if not protected from the sun's rays. Freckles, **age spots**, leathery skin, **fine wrinkles**, a **blotchy complexion** and skin cancer can all be traced to sun exposure.

To read the full article click here:

