

# HERE COMES THE SUMMER

December is here, and with it soaring temperatures and UV levels. Whether you find yourself in Joburg at the cricket, in Umhlanga on the beach, or in Cape Town touring winelands, the summer sun will be waiting for you. Take the necessary precautions, and add a few steps into your skin and haircare regimes to repair the damage.

WORDS GREG FORBES

## MAX SPF

Trust me on the sunscreen! According to the World Health Organization, the average ultraviolet levels in South Africa over December reach a staggering 10 on the Worldwide UV Index Scale.

With a rating this high, we recommend nothing less than SPF 30 if you are going to be outside undercover, and nothing less than SPF 50 if you plan to spend time in direct sunlight.

TRY: **IQMS Cellular Sun Protection SPF 50**, R845 from select salons and spas, **Dermologica Protection 50 Sport SPF 50**, R490 from [dermalogica.co.za](http://dermalogica.co.za), **Sunumbra Sport SPF 40**, R255 from [absoluteskin.co.za](http://absoluteskin.co.za), **Helio Care**

**Advanced Gel SPF 50**, R335 from Skin Renewal

## AFTER SUN

Whatever the SPF, your skin will also require nourishment and repair after being in the sun. Sun lotions are not only for sunburned skin; any exposure to the sun requires the skin to be treated and repaired to prevent premature aging.

TRY: **Africology After Sun Soothing Treatment**, R145 from [africologyspa.com](http://africologyspa.com)

## PROTECT YOUR FACE

You may think you are fully covered, but the skin on the face, ears and neck is almost always exposed, and needs special attention.

TRY: **Clarins SPF 50+ Sun Care Oil-Free Lotion Spray**, R345 from [woolworths.co.za](http://woolworths.co.za), **Comfort Zone Man Space Extra-Protection Cream**, R800 from Carlton Hair International, **Dr Gobac Facial Sunscreen SPF 25**, R350 from Placecol Skincare

## HAIR REPAIR

And don't forget your hair, as excessive sun exposure will damage not only the hair, but also the scalp and hair follicles, which may speed up hair loss.

TRY: **Moroccan Oil Restorative Hair Mask**, R445 from [everythinghair.co.za](http://everythinghair.co.za)

