

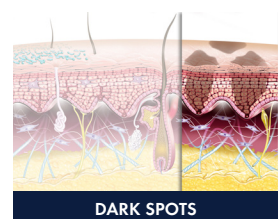
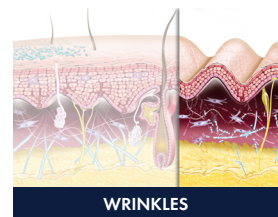
Summer is coming and you want to know more about the benefits of sun protection, especially regarding skin ageing prevention. You'll find below some interesting information regarding the factors influencing skin ageing as well as some tips.

10 THINGS YOU NEED TO KNOW ABOUT PHOTOPROTECTION FOR SKIN AGEING PREVENTION



Sunlight is essential for vitamin D synthesis in the human body, which plays a role in bone density and immune function; However, chronic sun exposure is recognized not only to promote skin cancers but also to accelerate skin ageing.

- 1 CHRONIC UV EXPOSURE** has been well studied to induce skin cancers, but is now well recognized as a skin ageing factor.
- 2** if UVB is the one responsible for sunburns, **UVA RADIATION** is the most prevalent component of solar UV radiation; it deeply penetrates into the skin and induces profound alterations of the dermal connective tissue. However, the major visible damaging effects of UVA radiation only appear after years of exposure.
- 3 UV LIGHT BUT ALSO VISIBLE LIGHT** (especially the blue light part from the daylight) induce pigmentation disorders such as dark spots and melasma.
- 4 POLLUTION** has also recently been described to be responsible of fine lines and pigmentation disorders.



- 5 THE COMBINATION OF UV AND POLLUTION** has a deleterious synergy on skin as it increases oxidative stress
- 6 PHOTOPROTECTION** has not only proven to decrease the risk of skin cancers, but also to **prevent photoageing**. This includes seeking shade, wearing hats and clothing, using sunglasses and broad-spectrum sunscreen use on exposed skin.
- 7 SUN PROTECTION FACTOR (SPF)** should be adapted to each skin type, season and latitude. For such daily use, a **SPF of 30** is considered to be sufficient. However a **High UVA protection factor (UVA-PF)** is advised in all cases.
- 8** It is now admitted that the judicious use of **DAILY BROAD-SPECTRUM SUNSCREENS WITH HIGH UVA PROTECTION DO NOT COMPROMISE VITAMIN D STATUS** in healthy people.
- 9 FINDING A FORMULATION THAT IS PLEASANT** to use is a priority for regular use.
- 10 THE COMBINATION OF SUN FILTERS WITH ANTIAGEING INGREDIENTS** such as antioxidants, peptides, etc might lead to additional benefits in skin ageing management.

HERE ARE SOME GENERAL RECOMMENDATIONS:

- 1 General measures**
 - Avoid smoking.
 - Avoid artificial UV exposures (indoor tanning).
 - Avoid intentional UV exposure for cosmetic purposes. When outdoors, seek shade whenever possible. Use protective clothing in addition to skin photoprotective care.
 - Maintain healthy life-style, with a diet rich in fruits and vegetables, limited alcohol intake, and enough sleep.
- 2 Recommendations for daily skin care regimen**
 - A/ In the morning:**
 - Avoid over washing the skin as it may damage the natural skin barrier function. Use a gentle cleanser, avoid soap.
 - Use cosmetic products to improve skin barrier function and use cosmetics with topical antioxidants to reduce harmful effects of ozone and IRA on skin ageing.
 - Use photo protective measures: broad spectrum UVA-UVB sunscreen to block UV radiation and to prevent photo reactive compounds to being produced under UV exposure.
 - For darker skinned individuals consider adapted sunscreen to protect the skin from shorter wavelength visible light in addition to well-balanced UVA/UVB protection.
 - B/ In the evening:**
 - Use rinse-off products (gels, shampoos) to clean off pollution on the skin surface and to reduce particle load.
 - Use cosmetic products to improve skin barrier function and to repair ageing signs.

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CAPITAL SOLEIL DAILY PHOTOPROTECTION



CAPITAL SOLEIL MATTIFYING 3-IN-1

SPF 50+ | PPD 28

VITAMIN C FROM CAMU CAMU

- ANTIOXIDANT
- WRINKLES REDUCTION

OILY & ACNE PRONE SKIN



CAPITAL SOLEIL ANTI-AGEING 3-IN-1

SPF 50 | PPD 21

VITAMIN C FROM CAMU CAMU

- ANTIOXIDANT
- WRINKLES REDUCTION

ALL SKIN TYPES WITH AGEING SIGNS



CAPITAL SOLEIL ANTI-DARK SPOTS 3-IN-1

SPF 50+ | PPD 21

PHE-RESORCINOL

- CLARIFIES DARK SPOTS
- UNIFIES SKIN TONE

OILY & ACNE ALL SKIN TYPES WITH UNEVEN TONES

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CAPITAL SOLEIL DAILY PHOTOPROTECTION SKINCARE ROUTINE BY SKIN CONCERN

OILY AND ACNE-PRONE



MINÉRAL 89

+



NORMADERM
PHYTOSOLUTION

+



CAPITAL SOLEIL
MATTIFYING 3-IN-1

WITH AGEING SIGNS



MINÉRAL 89

+



LIFTACTIF
COLLAGEN
SPECIALIST

+



CAPITAL SOLEIL
ANTI-AGEING 3-IN-1

WITH UNEVEN TONE



MINÉRAL 89

+



LIFTACTIF
PEPTIDE-C
AMPOULE

+



CAPITAL SOLEIL
ANTI-DARK SPOTS
3-IN-1