

TORONTO

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WELLNESS 29

Skin care

Go deeper with skin protection

You know how damaging sun exposure can be to your skin — UVA and UVB rays lead to wrinkles, premature skin aging, brown spots and worse.

Here's the bad news: it looks like UVA/UVB rays are not the real villains.

New research suggests that infrared radiation — specifically IRA — penetrates the skin deeper than UVA and UVB rays, causing



free radical damage and diminishing your skin's antioxidant capacity.

Even the best sunscreens only block up to 55 per cent of UV-induced free radicals, and none of the IRA-induced free radicals.

To the rescue: Skinceuticals new Physical Fusion UV Defense SPF 50 (\$39), an ultra-sheer, mattifying, broad spectrum sunscreen with translucent colour spheres to enhance your natural skin tone.

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