



# Spring Break Sun Safety

## 5 Easy Steps to Stay Sunburn-Free and Most Enjoy Your Vacation

### 1. Use Green Screen® SPF 15 Sunscreen



Green Screen provides the broadest spectrum UVA & UVB protection of any FDA-approved sunscreen safely, without the use of toxic petrochemicals.



The rich natural moisturizers in Green Screen's formula maintain skin health and prevent dryness.



Green Screen is fortified with natural vitamin E which protects your DNA from oxidative free radical damage.

### 2. Regularly reapply Green Screen



The most important way to ensure you avoid sunburn is to reapply sunscreen regularly while outside.



This is necessary because sunscreen is gradually removed during outdoor physical activity. Even rolling over on your towel will remove sunscreen and reduce your UV protection level.



The American Academy of Dermatology (AAD) recommends reapplication at least every two hours when using SPF 15 or above, and more frequently if sweating or swimming is involved.

### 3. Monitor your UV exposure



Press on exposed skin. If your fingers leave lighter marks, you've had too much sun. Sunburn's redness results from swelling in response to UV damage.



It's time to put on a shirt and hat or get in the shade. Sunburn damage will only get more serious and painful.

### 4. Too much sun? Use Kabana Crème



Kabana Crème helps your skin heal quickly from UV damage because it provides nutrients and moisture unlike any other skin care product.



When used regularly, Kabana Crème can prevent peeling of sunburn and enhance tanning.



Kabana Crème is always a great after-sun treatment. It will help your skin cope with tropical sunlight and ensure that you maximize enjoyment of your vacation.

### 5. Prevent skin cancer & premature aging



Melanoma, basal and squamous cell carcinomas are caused by excessive UV damage due to sunlight.



The AAD estimates that sunlight causes 90% of the wrinkles we develop.



The best anti-aging product that you can buy is zinc-oxide based Green Screen SPF 15 Sunscreen.



Proper sunscreen use minimizes UV damage and reduces premature aging and skin cancer risks.

Green Screen and Kabana Crème are available at:  
The Boulder Co-op Market  
CA Whole Foods - San Rafael,  
Berkeley, San Mateo & Los Altos

online

[www.kabanaskincare.com](http://www.kabanaskincare.com)

