

Getting skin ready for summer – protect from sun damage

Submitted by: sk:n clinics

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Now the sun has made an appearance everyone is gearing up for a hot summer. It's tempting to strip off and sizzle in the sun with the warm rays beating down on you – who doesn't want to take advantage of the rare UK sunny weather.

However for both your health, and appearance, it's vital to protect yourself from the sun, which can be very damaging.

In the worst case scenario over exposure to the sun's rays can cause skin cancer however even if you are lucky enough to avoid this, time spent soaking up the sun for a glowing tan will leave you wrinkled in later life, with prematurely aged leathery skin.

It is vital to avoid going in the sun during the peak hours between midday and 2pm, when the sun's rays will be at their strongest. Be sure to use a minimum of factor 30 sun cream when you do venture in to the sun, and wear a hat to avoid sun stroke.

If this advice comes to late for you and your skin is already seeing the effects of a life spent sunbathing, there are cosmetic procedures that can improve the appearance of sun damage.

Rejuvenating treatments such as skin peels and microdermabrasion can smooth and revitalise your skin, while laser treatment will remove moles and pigmentation, and a choice of injectable anti wrinkle treatments (<http://www.sknclinics.co.uk/treatments-and-pricing/anti-wrinkle-injections>) can make you look years younger.

All of these treatments are available at sk:n clinics, who have 20 years experience in cosmetic procedures making people more confident in their own skin. With top medical expertise, you know you will be in good hands when you choose a treatment with sk:n.

For more information or to book a free consultation visit www.sknclinics.co.uk or call 0800 822 3305

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About sk:n clinics: Established in 1990, sk:n has 20 years of experience and has carried out over 3 million treatments on more than 300,000 clients. sk:n clinics was the first network of clinics to be registered on the Treatments you can Trust register from the IHAS and is the UK's leading provider of affordable and innovative laser and rejuvenation treatments, including laser hair removal, injectable treatments, Botox (<http://www.sknclinics.co.uk/treatments-and-pricing/botox>) and acne treatments (<http://www.sknclinics.co.uk/treatments-and-pricing/acne-treatment>). Each of its 36 clinics nationwide is registered with the Care Quality Commission and each highly-trained team is headed up by an expert medical director. 10% of all UK dermatologists work for or with sk:n.

Contact:
0800 822 3305