

Christmas is just around the corner! For many, this holiday is a time of celebration; visiting family and friends, or simply enjoying the festivities of it all. It is also a great opportunity for many to commit to some fun outdoor activities we don't often have time for during our demanding schedules. However, we sometimes forget to take care of our skin when we are in the summer sun!

Here are some handy sun protection tips for a few popular outdoor recreation activities that will keep you happy and your skin healthy over the Christmas Holiday period.



### Snorkelling

The primary appeal of snorkelling is being able to observe the amazing underwater life of our coastline. Snorkelling however, does have sun hazards. The exposure to UV rays is relatively strong, even though you are in the water. UV rays from the sun remain dynamic in water up to 25cm deep. The thin layer of water that covers your back when swimming on the surface can increase the power of UV light quite considerably.

Whilst snorkelling you need to be aware, that even though you feel your body is being cooled by the water, to not be mistaken: your skin is being exposed to high levels of UV radiation! The best form of protection is to wear a UV-protective rash vest, a neoprene top or shorty and to use waterproof sun cream. It is best to reapply several times throughout the day, as it tends to disperse more quickly in the water.

### Camping with the Kids

What better way to spend quality time with the kids than to go camping? Although not for everyone, it is a great opportunity to get unplugged and escape the hustle and bustle of the city. Whether you and your family are 'glampers' or campers, you are at risk of having your skin exposed to the sun. A great way to protect everyone over a large area of the camp, is to bring along a marquee or sun shade, particularly if you aren't camping where there is a lot of shade. Be careful near water and sand, as these surfaces can reflect sunlight, causing more sun damage. Wear hats, sunnies and apply sunscreen throughout the day. Also, drink plenty of water to keep your bodies hydrated!

### Festival Fun

It is music festival galore over the summer period across Australia. The latest 'trend' is to be fake tanned, wear bikinis and ripped tank tops – essentially baring a lot of skin to the sun. But there is nothing 'cool' about having a blistering and painful sunburn in the aftermath, so be smart about your outfit! Cover your shoulders, back, arms and face as much as possible. Opt to take a small shoulder bag or backpack to fit your sun protection essentials, including SPF 50+ sunscreen, a hat, SPF lip balm and polarised sunglasses.

### Hiking and Biking

These are two very intense adventures to be had under the hot summer sun. Because you will be active and sweating a lot, make sure to wear sunscreen that is easy to apply and is water resistant. A spray on SPF 50+ sunscreen is very suitable for these activities as it doesn't allow dust and sand to stick. Wearing a hat is also essential, but make sure to wet your hat with water on a regular basis to keep your head cool.