

7 Sunsational Sunseeker Solutions for Beautiful Skin



As human beings we all yearn for the feeling of the heat of the sun against our skin: 24 hours a day, 7 days a week, 12 months a year. Winter and summer.

In the winter we flock to southern climates such as Florida or Australia to thaw out our stiff, frozen bodies.

In the summer we pack up the entire family and head to the lake, beach or backyard and enjoy that short summer season.

I bet you can feel it right now.....the warm breeze against your skin and the smell of flowers stimulating your senses, catapulting you into overdrive as you start planning all your summertime fun: beaches, barbeques and spectacular outdoor birthday bashes.

Along with summertime fun, comes summertime sun.

As our “spaceship” planet earth rotates closer to the sun during the summer months our skin is exposed to a more intense dose of **UVA** and **UVB** rays for a

longer period of time. And that can turn summertime fun into Summertime **NO FUN**, if not thought out ahead of time.

Below are 7 Sunseeker Solutions that you can do to enhance and protect your skin, so you can enjoy all your outdoor activities this summer (and winter) while still be loyal to your health and wellness protocol.

1. **Seek Unprotected Sun!** That's right. Go for it! Go out in the sun. Crave it. Sunshine is good for you as long as it is a moderate amount of time. 20 minutes a day of unprotected sun is what the experts are saying is a safe healthy dose. Sunshine is a natural way to stimulate Vitamin D in your own body, which we know to be an essential ingredient for your bones, optimizing health and preventing disease. After your 20 minutes are up, it is time to add your most important layer of defense. Sunscreen.
2. **Slather on the Sunscreen.** After your unprotected sun, it is time to slather on the sunscreen to protect your skin from dark spots, wrinkles and skin disease. However, not all sunscreens are created equal. Remember, your skin is the largest organ of your body. Whatever you put on it gets absorbed into it.

Look for a sunscreen that is a **NATURAL** sunscreen versus a chemical sunscreen. **One I recommend is called [Sunology](#).** Rather than use manmade active sunscreen chemical ingredients, [Sunology](#) uses zinc oxide and titanium dioxide, both natural barriers against **UVA** and **UVB**.

Besides that [Sunology](#) contains hibiscus based VitaOlafera, a special complex that clinical studies have shown actually nourish the skin and help to decrease the appearance of wrinkles! Imagine that, a sunscreen that protects your skin and make you look younger!

3. **Drink up!** Keep hydrated with water. Water is the elixir of life. According to *H.H. Mitchell, Journal of Biological Chemistry 158*, the brain and heart are composed of **73%** water, and the lungs are about **83%** water. We need water to survive. Water keeps your skin hydrated giving it the plump look of youth. Extra exposure to the sun overheats the body igniting your

natural cooling system, perspiration, to kick in, depleting internal moisture, leaving your skin looking tired and weathered. Not to mention leaving you feeling exhausted. So drink up!

4. **Blueberries and Raspberries?** Say Yes! Time to load up on the Anti-Oxidants. A good diet is essential for glowing skin even in the best of days. Exposure to intense summer sun puts an extra stress on your body and causes those free radicals to go into overdrive. Have an extra bowl of blueberries and raspberries every day to load up on the anti-oxidants to help keep your skin looking its best this summer. As an added bonus, berries also help to boost your internal sunscreen.
5. **Soothe the Sizzle...**One of my best natural treatments for your face after a day, week or month in the sun is a Lemon (rich in vitamin C in fact more than an orange, alpha-hydroxy and anti-oxidants) and Aloe Vera (also anti-oxidant rich) face masque.

Not only does Aloe Vera help with soothing sunburn, it also acts as a protective layer on the skin and helps to keep in moisture. Plus Aloe Vera moisturizes the skin without giving it a greasy feel. Lemon juice combined with Aloe can act as a natural remedy to soothe the sizzle by cooling the burn and may act as a disinfectant to prevent the dry, peely skin from being exposed to too much sun.

Here is my recipe: *take the meat from the inside of 1-2 aloe leaves, put in blender, combine with juice of half lemon, mix until combined, apply with soft bristle brush... leave on 20 minutes, wash off with warm water.*

6. **Cover UP—shirt, hat sunglasses**

Always wear a hat. Preferably one made with tightly woven fabric. The wider the brim, the more fashionable, but also the more protection. The brim shades your face, ears and the back of your neck.

Long Sleeve Shirts over a bathing suit offer the best protection from the sun and are also feminine and sexy.

Sunglasses are also a must. The right ones with 100 % or total **UV** protection are necessary for protecting the delicate skin around the eyes as well as helping to protect your **EYES** from the damaging long term effects of the sun. And lest we forget, a must have fashion accessory for the beach, the BBQ and the birthday bashes.

- 7. Don't forget the lips! Lips need protection too. The skin of the lips is naturally thin, thinner than the skin on most of your body and get sunburned, wrinkled and weathered faster. Lip glosses you might be using when you are out in the sun can act as a mirror, attracting the sun to your lips.** And if you use lots of lip gloss, that might be the reason why your lips are always so dry in the summer time.

For this reason, we recommend lip balms as part of your summer regiment. **Lip Armour by All Terrain, is loaded with Jojoba, Coconut oil, Cacao, vitamin e and peppermint.** It protects from **UVA** and **UVB** with at 28 SPF.

With Zinc as the natural active ingredient, no wonder **Lip Armour** is such an all-time favorite.

Another favorite we love is **Buddha Balm**, another chemical free sun block Lip Balm that is 100% natural, plant based containing Shea butter, sea buckthorn oil, and vitamin e. It also comes in flavorful flavors such as Crushed Mint Pineapple, Burnt Sugar Fig, Mandarin Orange Ginger and Lychee Pomegranate.

BONUS TIP 1: for sun damaged, dry stressed out hair, use the Aloe Vera/Lemon face masque we talked about in point number 5. Add more Aloe Vera to the mixture to use on your hair. You will add moisture and shine back into your hair.

BONUS TIP 2: Keep in the shade. And when you are out in the sun, try to keep away from the most harmful times of the day, usually around 10am to 4pm.

DISCLAIMER:

None of the above statements have been evaluated by the FDA. Nor are they meant to treat, diagnose or cure any disease. Always check with your health practitioner before starting any health and wellness protocol.