



**The sun  
may look  
nice but it  
can do a lot  
of harm to  
our skin:**

- ▶▶ Sunstroke**
- ▶▶ Skin cancer**
- ▶▶ Wrinkles and dark spots**

## **Stay away from the sun**

- ▶ **Avoid the sun between 11am and 3pm**
- ▶ **Use sunscreen SPF 50 (remember that this will give protection for only two hours so you need to reapply after this time)**
- ▶ **Wear a hat, T-shirt and sunglasses**



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**URIAGE**  
EAU THERMALE

**Sun care range**