



Sun protection for Asian skin: Our favourite creams to avoid sunburn

A guide to Asian skincare this summer

BY SANA MATHIA on 6 August, 2015 at 15:18

One of the most misdirected myths in the skincare industry is that sun protection for Asian skin is not required to the same extent as that of a fairer skinned individual. This is absolutely untrue. Although, people with fair skin, blue eyes and red or blonde hair are at the greatest risk of sunburn and other sun damage related issues, this by no means alleviates the risk that the sun holds for darker skin and darker haired men. The biggest concern for Asian skin is pigmentation caused by sun exposure with little sun protection factor (SPF) and ultraviolet B ray (UVB) protection. Wondering why your skin is appearing patchy, dull with spots of pigmentation? It is directly related to this lack of protection from the sun.

Your next biggest worry is the greasy grey tinged skin and an Asian fave, the shiny forehead. Not every sun protectant causes this. Those trustee dermatologists at our favourite brands have found a way to use a milkier substance which is much lighter and leaves no trace of use of sun factor, after careful application.

Efficiency is the way forward. Ideally, purchase products with a high SPF factor and UVA protection. I won't go into the specifics of what UV radiation is, but basically the more UV you are exposed to, the faster the signs of premature skin-ageing appears. You might not be able to avoid the inevitable, but with the right skin care protection, you can definitely slow it down. Below are four of the best products which incorporate multi-grooming capabilities i.e. moisturiser and sun factor.

TWINLUXE ANTI AGEING SPF MOISTURISER



/// Twinluxe anti ageing SPF moisturiser ///

Twinluxe anti ageing SPF moisturiser SPF 40 offers superior protection against the sun as part of the daily grooming routine. The one thing that all these products have in common is that they at least contain minimum SPF 30. Anything less is pretty much useless albeit better than nothing. The higher the SPF, the higher the protection from UVB radiation. **50ml available from Amazon for £81.04.**