

Healing Lifestyles

choices for healing the mind and the body

& Spas

Better Sun Protection

Depending on where you live in the United States, your daily exposure to harmful UV rays may vary from relatively safe to extremely harmful. To help prevent skin cancer, the National Weather Service and the Environmental Protection Agency teamed up creating the UV Index, which predicts the next day's ultraviolet radiation level. Part of the skin cancer problem is that we tend to think that if it isn't sunny, we don't need sunscreen. This false sense of safety can create problems for your skin and your health. Before you step outside (on a cloudy or sunny day), visit www.epa.gov/sunwise/uvindex.html and enter your location to find out the UV Index for the day.

Prepare for the sun with stylish protection. Lynn Rose's **Soleil Chic UV Umbrella**, which is waterproof and offers a SPF 50, is designed to protect your skin in style. The umbrellas come in three different colors and are a perfect complement to a day at the beach. For more information call (888) 296-ROSE or visit www.soleilchic.com

—M.B.W.

August 2005
\$4.95 Canada \$6.95

vol.9 no.4

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