

防紫外線 UV Sun Protection

Annie Cheung





Fitzpatrick皮膚類型

Fitzpatrick Skin Type

Score	Description	Female	Male
0-6	Pale white skin Extremely sensitive skin, always burns, never tans <i>Example: red hair with freckles</i>		
Type I			
7-13	White skin Very sensitive skin, burns easily, tans minimally <i>Example: fair skinned, fair haired Caucasians, northern Asians</i>		
Type II			
14-20	Light brown skin Sensitive skin, sometimes burns, slowly tans to light brown <i>Example: darker Caucasians, some Asians</i>		
Type III			

21–27

Moderate brown skin

Mildly sensitive, burns minimally, always tans to moderate brown

Type IV

Example: Mediterranean and Middle Eastern Caucasians, southern Asians



28–34

Dark brown skin

Resistant skin, rarely burns, tans well

Type V

Example: some Hispanics, some Africans



35+

Deeply pigmented dark brown to black skin

Very resistant skin, never burns, deeply pigmented

Type VI

Example: darker Africans, Indigenous Australians



Skin Types



1

Very Fair

*always burns
cannot tan*



2

Fair

*usually burns
sometimes tans*



3

Medium

*sometimes burns
usually tans*



4

Olive

*rarely burns
always tans*



5

Brown

*never burns
always tans*



6

Black

*never burns
always tans*



什麼情況下需要塗防曬用品

When to Apply Sunscreen?

- 烈日當空 Blazing Sun
- 戶外活動或在室外
Outdoor Activities or Outdoors
- 白天 Daytime



UVA vs. UVB

Sun Protection





UVC

- The shortest wavelength
- Absorbed by the atmospheric ozone

UVB

- Has largest effect on the top layer of skin
- Causes redness/ burning/ skin cancer

UVA

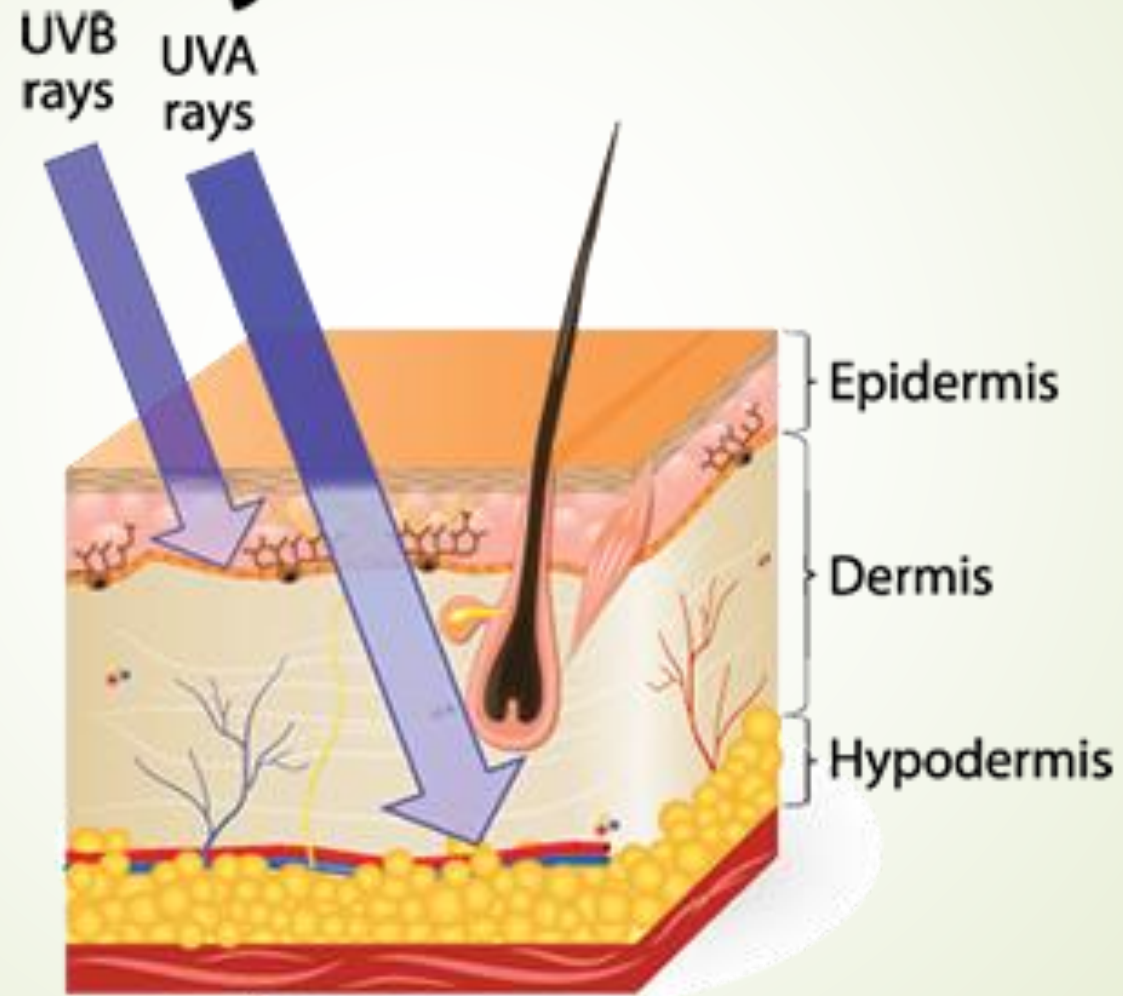
- The longest wavelength
- Reaches deep into the layers of skin, causing aging/ wrinkling

UVC

UVB

UVA

UV penetration into the layers of the skin

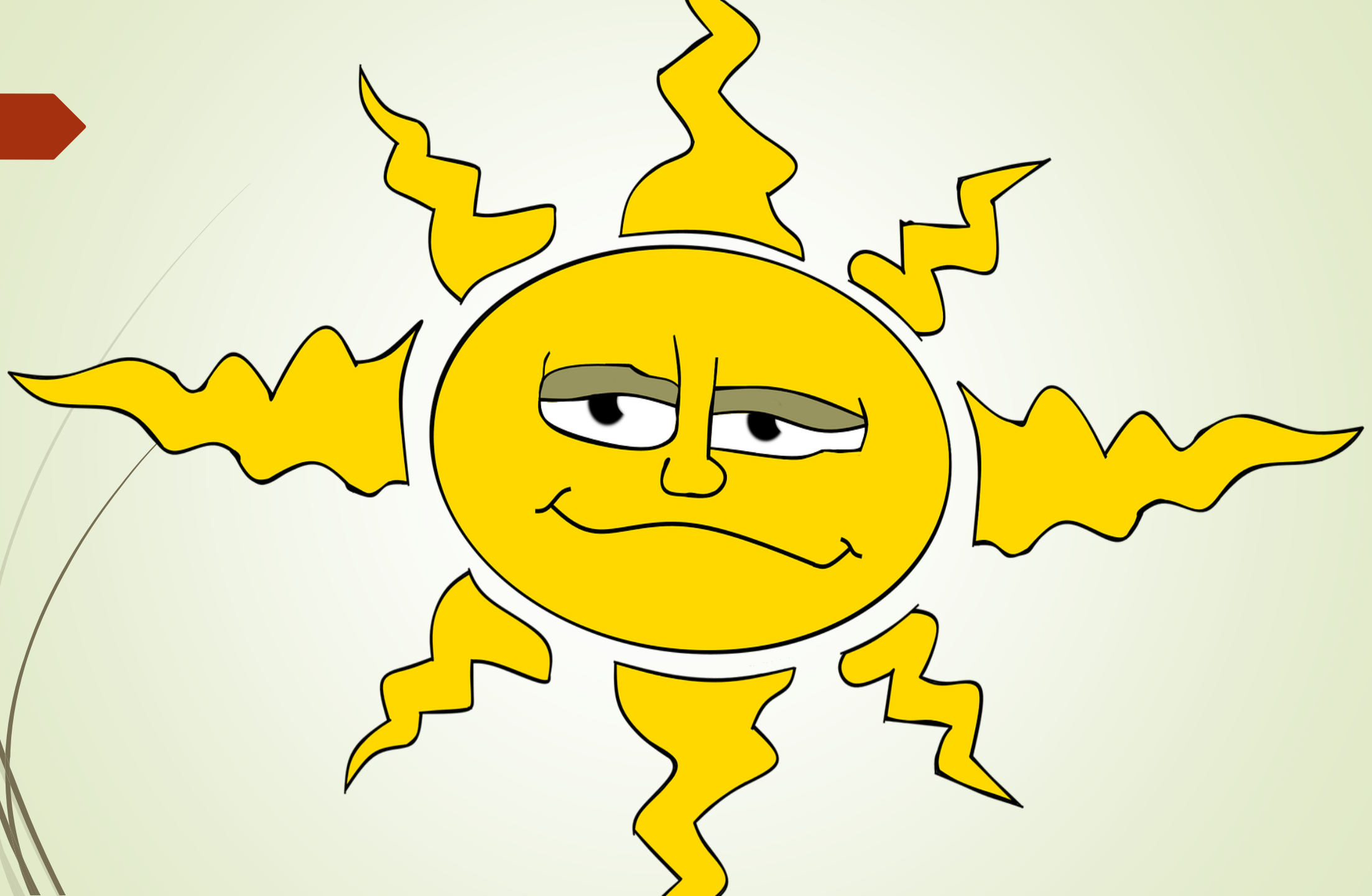


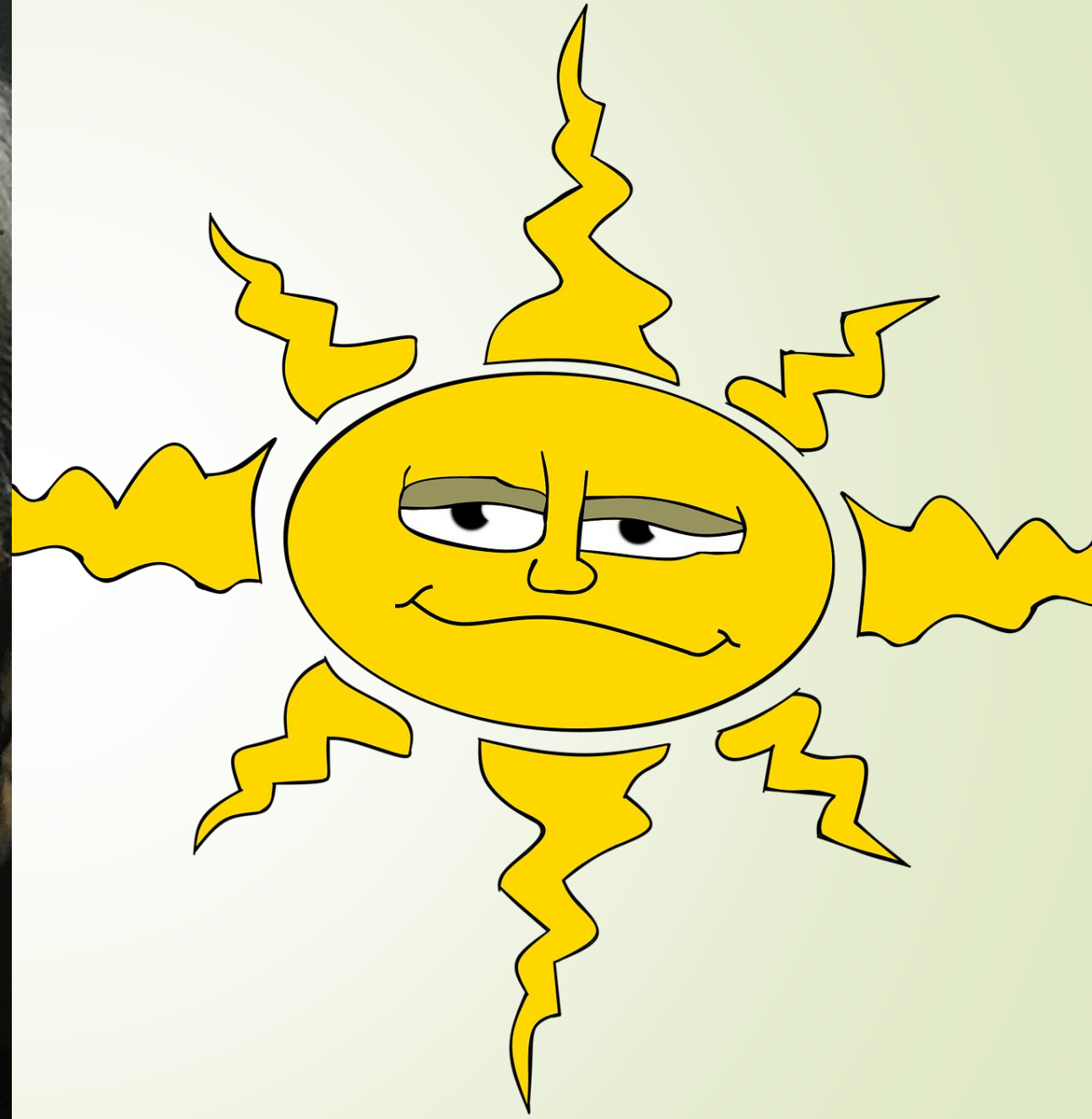
Skin without protection

防曬用品 Sunscreen

- 日光分為UCA, UVB, UVC
Daylight is classified into UCA, UVB, UVC
- 在十八歲前, 80%的皮膚破壞 (老化) 已在暴露於陽光中破壞
By the age of eighteen, 80% of skin destruction (aging) has been destroyed by exposure to sunlight
- 在人的一生中, 非主要日光破壞了78%的皮膚
During a person's life, non-main sunlight breaks 78% of the skin
- 小孩在兩歲開始塗抹SPF15的防曬霜能減低日光破壞及老化80%
Children starting to apply SPF15 sunscreen at the age of two can reduce sun damage and aging by 80%

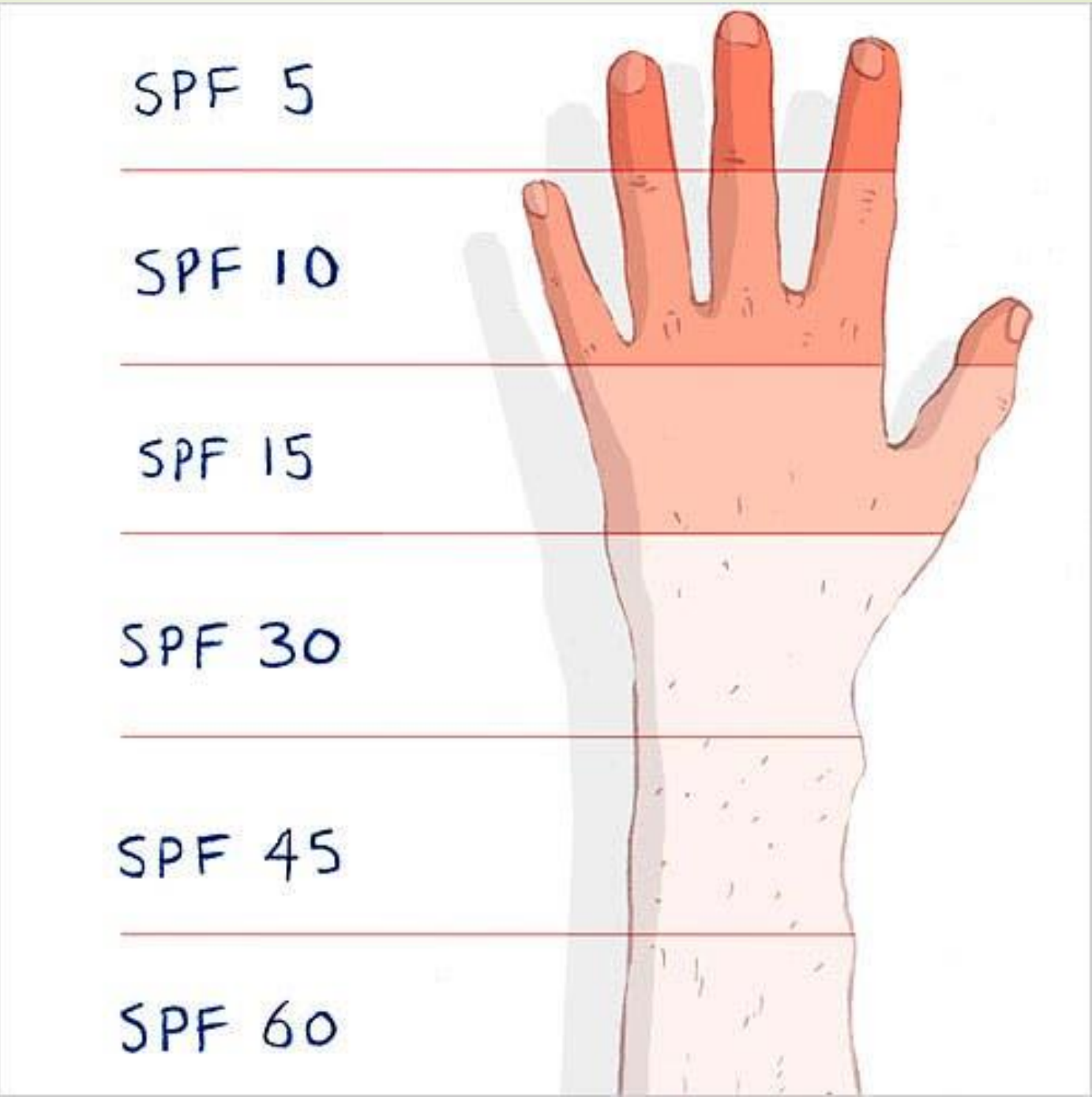
SPF：表示皮膚形成小紅點所需時間





時間 Time	UVB輻射 %
12PM	100%
1PM	94%
2PM	79%
3PM	49%
4PM	20%
5PM	7%
6PM	2%





SPF 5

SPF 10

SPF 15

SPF 30

SPF 45

SPF 60

反射性 Reflectivity

表面 Surface	日光反射% Reflectivity	UVB%
清新的雪 Fresh Snow	89%	85%
舊雪 Old Snow	50%	50%
水 Water	10%	9%
沙 Sand	37%	17%
白皮膚 White Skin	35%	1%



化學與物理
Chemical
VS
Physical

關鍵成分 Key Ingredients

- 氧化鋅
Zinc Oxide
物理廣譜
Physical Broad Spectrum
- 二氧化鈦
Titanium Dioxide
物理防曬
Physical Sun Protection
- 辛諾酸
Octinoxate
UVB增強劑
UVB booster
- 辛酸
Octisalate
UVB增強劑
UVB booster
- 氧苯甲酮
Oxybenzone
化學防曬
Chemical Sun Protection



Zinc Oxide
Titanium
Paba-FREE
Fragrance-FREE



FDA - USA

➔ WATER-PROOF



➔ SUN-BLOCK



➔ WATER-RESISTASNCE



➔ SUN-SCREEN



曬傷了怎辦

What to do if you get sunburned?

- 求診 Dermatologist
- 冷敷 Cold Compass
- 冰凍面膜 Cold Gel
Hydration Mask Yogurt
- 蘆薈 Aloe Vera

