



Are you protected against UVA and UVB rays? Here are the best ways to defend skin



How are UV rays harmful to skin?

“Upon initial interaction with the skin, there is no change in feeling. Under the surface of the skin, they stimulate enzymes that break down structural proteins (such as collagen and elastin) and are the leading cause of skin’s signs of aging caused by an external factor.”

-Amanda von dem Hagen, International Educator

Read the full article here: <https://urlzs.com/vaUiW>