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4 Tips for Avoiding Sunburns at the Beach This Summer



Don't Forget Easily Overlooked Areas Paying attention to your face, arms, and legs is great, but there are some easily overlooked areas that need to be protected at the beach too. "If you do step out, make sure your eyes are covered with sunglasses and lips protected with a balm," says **Sheel Desai Solomon, MD**, a dermatologist based in Raleigh, North Carolina. "We often forget that the skin around the eyes is very delicate and needs extra attention." Other areas that are easily missed are your scalp, neck, backs of your ears, and tops of your hands and feet, according to the Skin Cancer Foundation.

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