

Phototype	Skin description	Protection time of the skin
1	Very light, pale, freckled, almost never gets brown, reacts highly sensitively - almost always gets burned. Blond or red hair.	5 – 10 minutes
2	Light skin, easy to get freckles, light tans, reacts sensitively - very often gets burned. Blond hair.	10 – 20 minutes
3	Normal skin with natural colour, no freckles. After sun can get blushed, sunbathes equally, rarely gets burned. Hair from dark blond to medium brown.	15 – 25 minutes
4	Darker skin, gets tan quickly and probability of burning is minimal. Hair brown to black.	25 – 35 minutes

The chart is indicative only, it is also necessary to include current health condition etc.

SUN  
CARE

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## EXAMPLES OF USE

### WHY TO SUNBATHE WITH ESSENS SUN CARE?

- protection against skin diseases and sun wrinkles
- sunscreens have a filter to protect against UVA and UVB rays, which are locked in glass pearls, thanks to which there is no direct contact with the skin, and there is no risk of allergic reactions
- suitable combination of composition enables high-quality and healthy tan and gives the skin necessary hydration
- sunscreens contain anti-stick additive, ie. skin acts as a non-stick to sand and clothing and is resistant to water

### HOW TO USE ESSENS SUN CARE?

Are you going for a holiday to sea or will you sunbathe on mountain sun? For reaching the optimal results by sunbathing, that means bronzed skin without burning, minimal wrinkles and reduction of risk of skin diseases, it is recommended to use the products ESSENS Sun Care in the following way:

1. Start to use Before Sun Care Tablets 3 days before vacation departure, 3 times 1 tablet per day after meal. Take the rest of the pills during holiday. The tablets were developed to complement the human body the raw materials that create brown pigment. They contain a number of amino acids, in particular L-tyrosine, which works like a suntan "accelerators", further they contain a spirulina algae which is rich in carotenoids (red-colour) thanks to which the skin remains more tanned and shiny. Carotenoids have beneficial effect on the immune system, which can be weakened by excessive exposure to the sun.
2. Before application of sunscreen, apply Before Sun Care Gel on your skin. This creates a basis upon which sunscreen holds very well, is easily spreadable and acts equally in protection thanks UV filters. Before Sun Care Gel contains also panthenol and thalitan that stimulate the skin to production of vitamin D and melanin - brown pigment.
3. 15 minutes after application Before Sun Care Gel it is a good time to apply a Sun Care SPF 30 or Sun Care SPF 50. The protection factor is usually selected according to skin type and solar radiation, that the skin will be exposed to. Generally, the number of minutes corresponding to your skin type is multiplied by the number of SPF. The resulting number should correspond to the number of minutes that you can spend in the sun without risk of getting burned. Sunscreens ESSENS Sun Care include effective protection against both UVA and UVB rays. Further they contain thalitan that accelerates browning of the skin.
4. In the evening after sunbathing apply After Sun Care Milk to your skin, which helps skin to regenerate, reduces redness and gives it much-needed hydration, thereby prolongs tan.

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### ESSENS Before Sun Care Gel

Viscous gel with Aloe Vera for skin treatment before sunbathing is suitable for all skin types, effectively hydrates and protects the skin from allergic reactions and also keeps it supple. Doesn't contain parabens.

**Use:** Apply on the body skin before exposure to the sun and before applying sunscreen. Rub the gel in your hands and gently spread on the skin. The ideal is to apply to the dry skin. Allow to get thoroughly absorbed.

### ESSENS Before Sun Care Tablets - food supplement

Natural product containing Aloe Vera that helps to prepare skin for the sun and very effectively supports the achievement of bronze tan and prolongs its durability.

**Dosage:** 3 tablets a day after meals.

The product contains no sugar, gluten or lactose.

Before Sun Care Tablets and Before Sun Care Gel are not for sale separately and can be obtained only within special set of Sun Care.

### ESSENS Sun Care SPF 30, 50

Sunscreens with Aloe Vera for long-term and effective skin protection during sunbathing. The cream applies easily and absorbs rapidly. They imply effective protection against both UVA and UVB rays, they are resistant to water and abrasion. They don't contain parabens.

**Use:** Sunscreen is applied to the skin in sufficient quantities, preferably 30 minutes before sun exposure. To protect the whole body of an average adult it is necessary an amount of 36 g of sunscreen. Application during the day should be repeated.

### ESSENS After Sun Care Milk

After sun body lotion with Aloe Vera is suitable for all skin types. It extends tan, treats and regenerates the skin and protects it against dehydration and reduces skin redness after sun exposure. Doesn't contain parabens.

**Use:** Milk is applied to the skin in sufficient quantity after each sunbathing. It spreads easily and is suitable for year-round use.

Sun Care Set | 101 €

Before Sun Care Gel 200 ml



Before Sun Care Tablets 60 tablets



Sun Care SPF 30 200 ml | 35 €  
Sun Care SPF 50 200 ml | 42 €



After Sun Care Milk 200 ml | 16,80 €

