In the Warmth of the Sun [1]

Week of:
Jul 10, 2015

Summer tan peeling [2]

Dear Alice,

How can I prevent my summer tan from peeling?

?Sun worshipper

Read more [2]

Dark skin ? Is sunscreen necessary? [3]

Dear Alice,

I am African-American, but my skin is not that dark. I was never told that I needed sunscreen and when I worked in a daycare I was told in a very delicate manner that only the paler children needed sunscreen. I've been out in the sun for extended periods of time and was wondering if sunscreen is necessary for someone of my complexion. If so, what strength?

Read more [3]

Do cosmetics containing sunscreen provide adequate sun protection? [4]

Dear Alice,

I was thinking of buying a face powder that says it has an spf of 30. It seems convenient to have a powder sunblock since lotions make my oily face greasy. However, I was wondering if this powder will even be effective as a sunblock since I heard that some moisturizers and other products that advertise an added SPF sometimes don't have a high enough concentration of sunblocking ingredients to make it effective. I would like to know what do you think before I make my purchase. Thanx.

Read more [4]
Hypothermia or hyperthermia? [5]

Alice,

What are the symptoms of hypothermia or is it hyperthermia?

? Temperature change

Read more [5]

Clothes to protect oneself from the sun [6]

Hello, Alice!

As the summer is soon to arrive, I was wondering what type of clothing should I wear to protect myself from the sun? Also, what color works best, light or black? I seem to be getting conflicting answers on the Internet. I am a fair skinned male. Thanks for your help!

Read more [6]