



Love the skin you are in!

Live well, be well, eat well!

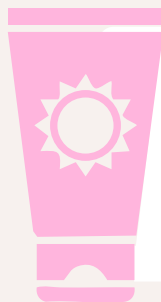
This May, we're shining the spotlight on skin care and skin cancer awareness, because looking after yourself is always a good idea.

Did you know?

- Your skin is your largest organ
- It covers your entire body and makes up about 15% of your body weight
- It renews itself every month, shedding old cells daily
- It's full of tiny sensors that help you feel heat, cold and touch
- Spending as little as 15 minutes in the African sun during summer is enough to damage your skin

You can take good care of your skin by doing the following:

1. Drinking plenty of water supports your skin's natural glow and elasticity
2. Eating healthy, balanced meals gives your body the nutrients it needs to repair and maintain healthy skin
3. Keeping your skin moisturised helps it stay soft, strong and healthy by locking in moisture and supporting its natural protective barrier.
4. Protecting your skin from the sun is just as important. UV rays can cause sunburn, early ageing and long-term damage, even on cloudy days. Using sunscreen daily helps protect your skin from this damage and keeps it looking and feeling healthy for longer.



Myth vs fact: Does darker skin protect you from the sun?

Myth: "African (melanin-rich) skin doesn't need sun protection"

Fact: Melanin does give some natural protection, but it does not block all UV rays.

People with darker skin can still experience sun damage, hyperpigmentation and skin cancer, even if they burn less easily. That's why everyone, regardless of skin tone, should protect their skin from the sun. Make sure you are tuned into Heatwave Radio and keep your eyes on our WhatsApp line for more information during the month on May.



Watch: Dr Donny explains why taking care of your skin is important – no matter your age or skin tone.

Your health matters to us. You matter to us. #LivewellBewellEatwell

Yours in wellness,

The Siya Phila team