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by [Trish Friesen](#)

## Winter Vacation Sun Safety Tips

It's that time of year. The rain, snow and dark days of winter roll in like fog, and simultaneously—almost with choir-like precision—Canadians get the tropical itch and resorts rejoice!

Between rushing to the airport, escaping Jack Frost at mach-speed and finding the first free lounge on arrival, our skin can suffer. And who wants that embarrassing burn that screams 'resort newbie' after the first day? Not me, not you and definitely not the skin you're in.

I recently partnered with [The Canadian Cancer Society](#) to chat about sun safety tips for winter travellers about to embark on one- to two-week journeys southward. Here they are:



- 1) Ease into the sun like it's an old friend. You can't expect to be BFFs right away, especially when you haven't seen each other in awhile. In both cases, you could get burned!
- 2) Apply sunscreen before you leave your hotel room and don't forget your ears, the tops of your feet or the skin around your armpit!
- 3) Always bring a beach or pool bag with you to lounge in the sun with a face and body screen for re-application, lip balm with spf, Evian mist to cool you down, sunglasses and a hat.
- 4) Sit under the shade of swaying palm or beach umbrella when the sun is most intense between 11am – 4pm. The late afternoon is my favourite part of the day to sit in the sun. There's something so relaxing about lazily lounging into the evening watching the sunset.
- 5) Base tans are bunk. Don't bake yourself like a Christmas turkey. Wait until you're away to experience the sun safety with a broad protection 70spf for face and body, reapplied once-hourly.
- 6) Instead of spending the hottest hours of the day in the sun, get that Baywatch glow with:
  - a) Self-tanner – Put it on right before and during your trip to enhance your sun-kissed skin.
  - b) Bronzer – Power bronzer for face is a tried-and-true tanning cheat. Works every time. {Ladies, a word to the wise: avoid bronzers with too much sparkle, there's always highlighting powders for that.}
  - c) Body Shimmer – Enhance your 'winter' skin with a lotion containing touch of sheen, or a silky glimmering body balm.