



Welcome to July at For Your Best Self

Florida summer is in full swing, and between pool days, beach trips, and that walk from the car to literally anywhere, your skin is working overtime.

Consider us your skincare-obsessed friends, here to share the science behind summer skin protection, why we love mineral sunscreen, and the products our practitioners personally reach for when the sun is at its most relentless.

Our Summer Go-To's

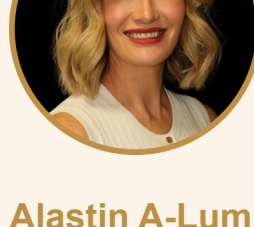
We asked our team what they're personally using this summer:



Isdin Eryfotona Tinted Mineral Sunscreen

"It is my go to sunscreen for the summer when the days are hot and I need the protection. Not to mention it also helps to reduce the number of precancerous lesions to the skin. When you put aesthetics and function together, its a no brainer!"

~ MAXWELL POLLING, PA-C



Alastin A-Luminate

"Alastin A-Luminate is my summer must to treat and prevent dark/sun spots, reduce redness, and give my skin that summer glow."

~ KRISTEN A. ROFF, NP-C



SUNISDIN VitAox Ultra Tablets

"SUNISDIN VitAox Ultra tablets are a must for me during the summer months for an additional layer of protection from the sun and the environment's damaging effects on my skin."

~ DR. REBECCA NOVO



Alastin C-Radical Defense Antioxidant Serum

"Alastin C-Radical Defense Antioxidant serum- this is definitely a must for Florida summers. It is packed with antioxidants that help brighten skin and assist your SPF to work better! Used in combination with sunscreen, it is the perfect duo to help protect your skin from harmful UV rays."

~ ANNA WEIR, FNP-C



SalujaMD Refresh + Cleanser, SalujaMD Hydrating BB SPF50, TNS Advanced+ Serum

"I can't pick one! I like the antioxidant rich SalujaMD Refresh+ cleanser and the tinted SalujaMD hydrating BB SPF50 cream with zinc oxide in the morning, and the powerful TNS Advanced+ Serum with 480+ active ingredients after cleansing at night."

~ DR. ANITA SALUJA



Isdin Eryfotona Tinted Mineral Sunscreen

"Isdin Eryfotona Tinted SPF - my favorite sunscreen for year round use due to its lightweight feel and tinted coverage, but especially in the summer because of its preventative AND reversible benefits!"

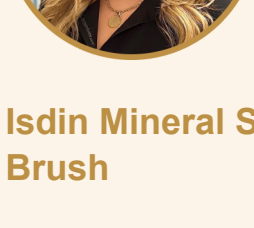
~ ALYSSA CAPAWANA, PA-C



Isdin Eryfotona Tinted Mineral Sunscreen

"Isdin Eryfotona Tinted is also my go to for summer. More than just a sunscreen it is protecting from future damage while also repairing and correcting prior damage."

~ BETH PERRY, PA-C



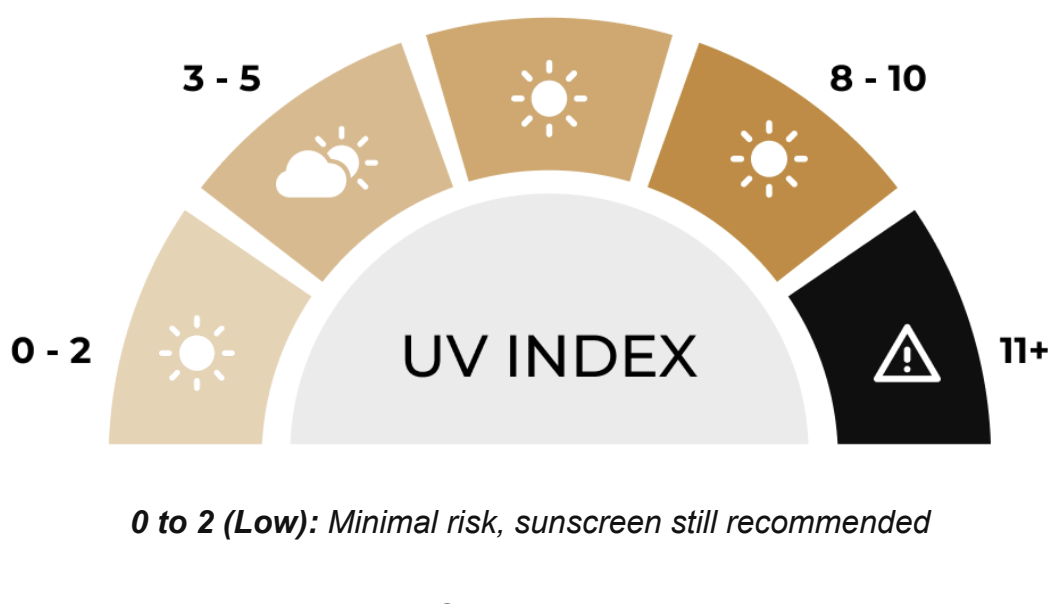
Isdin Mineral Sunscreen Brush

"My product would be the Isdin Mineral Sunscreen brush because with the ease of use and non-chemical composition, it is great for busy moms of little ones at the pool or splash pad during the summer months."

~ DR. ALEXANDRA GRAMMENOS

Decoding the UV Index

The UV index is a daily forecast of UV radiation strength on a scale of 0 to 11+. The higher the number, the faster UV rays can damage your skin, and that damage builds over a lifetime, showing up as fine lines, dark spots, uneven texture, and increasing skin cancer risk.



0 to 2 (Low): Minimal risk, sunscreen still recommended

3 to 5 (Moderate): Seek shade during midday hours

6 to 7 (High): Cover up and reapply often

8 to 10 (Very High): Unprotected skin burns fast

11+ (Extreme): Avoid sun between 10 AM and 4 PM

Why We Love Mineral Sunscreen

Mineral sunscreens use zinc oxide and titanium dioxide to sit on top of your skin and physically reflect UV rays away. Chemical sunscreens absorb into the skin and convert UV into heat. A few reasons we lean mineral:

Safer for sensitive skin. Less likely to irritate or cause breakouts.

Reef-friendly. Better for the environment and our Florida waters.

Immediate protection. Works the moment you apply.

Broad-spectrum by nature. Zinc and titanium block UVA and UVB.



Mineral sunscreen daily.

Reapply every two hours outdoors, and after swimming or sweating.

Avoid peak UV hours.

10 AM to 4 PM is when rays are strongest.

Sunglasses, hats, and shade.

Your first line of defense.

Hydrate inside and out.

Water plus a hydrating serum or moisturizer.

Add antioxidants.

They neutralize free radical damage and help your sunscreen work harder.

Stop By and Stock Up

If anything caught your eye, we'd love to help you build a summer skincare routine that actually fits your life. Stop into the practice, **give us a call**, or **book a consult** and let's chat about what your skin needs to thrive through the rest of Florida summer.

We're here for you, sun, sweat, and all.

With love, The For Your Best Self Team

CALL 321.241.1160

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