



Hey, nice hat! Hats as Sun Protection

You don't have to attend the Kentucky Derby to have the right excuse to wear a great hat. Hats are all the rage now, don't you know? Well, that may be a slight exaggeration, but wearing a hat when you go outside allows you to be stylish and it can also be great for your skin. Hats are the perfect combination of style and function, according to the Skin Cancer Foundation. You can look great and protect yourself from skin cancer. You can look and feel alluring, smart, intriguing and fashionable.

The practical function of hats is that they protect you from the harmful effects of the sun. A wide-brimmed hat that is 3 inches or greater covers places where it can be difficult to apply sunscreen like the scalp, as well as places where people often forget to apply sunscreen like the tops of the ears and the back of the neck. It also offers greater protection than sunscreen alone to the delicate skin of your face. In addition, a hat will shade your eyes, protecting their delicate internal structures and it will keep you from squinting which can cause unwanted wrinkles.

Patricia Underwood, a New York-based award winning hat designer, suggests trying on hats in front of a full-length mirror to determine how the hat works in proportion to your body and outfit. Ideally, the brim should come to about the ends of the shoulders. If you are heading to the beach or you know you will be out in the sun for an extended period of time, Underwood suggests a wider brimmed hat. A good rule to remember when selecting a hat is 'More skin, more brim.' Research has shown that broad-brimmed hats provide protection equivalent to an SPF of approximately 5 for the nose, ears and neck. While nothing can guarantee 100% protection, a hat can be a valuable weapon in your skin protection arsenal. You can look and feel great, while also working to preserve your skins youthful healthy glow.

Source:

Underwood, P. (n.d.). Skin Cancer Foundation. Retrieved April 29, 2015, from <http://www.skincancer.org/prevention/sun-protection/clothing/hats-the-stylish-route-to-sun-protection>

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