

PAMPER YOUR BABY AFTER A SUNNY DAY:



sebamed Medicinal Skin Care
Your partner for the best
personal care
Science for healthy skin

Made in Switzerland
Sebapharma GmbH & Co.KG
QUALITY THROUGH RESEARCH www.sebamed.com
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The best sun protection for your child

For delicate skin

Ideal for
pH 5.5
healthy skin®
Baby
sebamed
Baby Sun



Enjoy the Sun ☀️ Avoid the Damage
Pioneer of Sun Care at pH 5.5

A KNOWLEDGEABLE PARENT IS IMPORTANT FOR YOUR CHILD'S SUN PROTECTION.

WHY ?

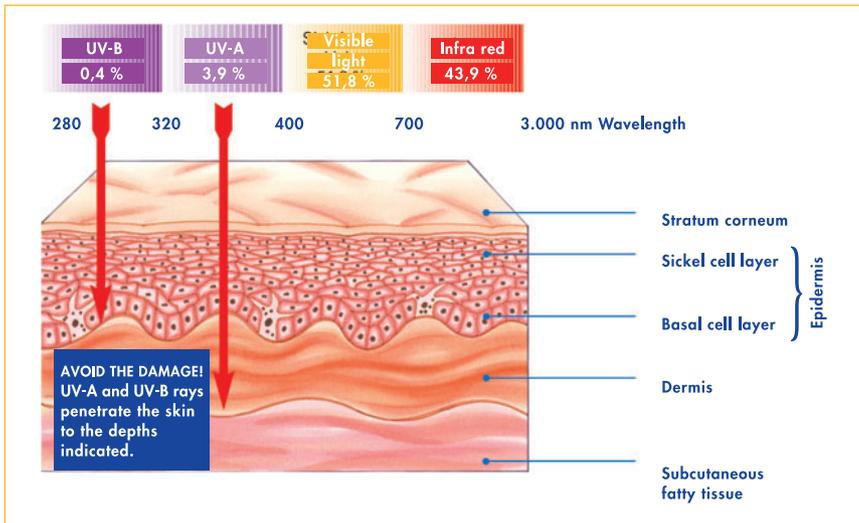
CHILDREN'S SKIN IS SPECIAL

- ✦ It is thinner than an adult's
- ✦ The self-protection mechanisms are not fully functional
- ✦ The skin is more permeable for UV radiation

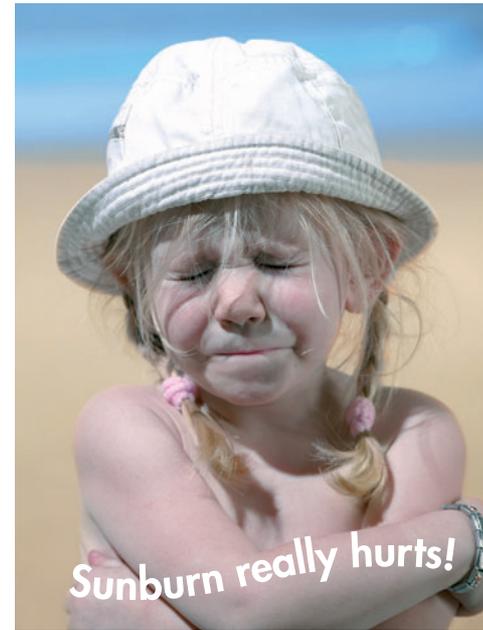
Children's skin differs from adult's skin structurally and functionally, during the first years of life. The superficial horny layer has a looser structure making it more penetrable for noxious agents, as well as, for water loss from the deeper strata.

Therefore, a child's skin is more prone to irritation and dryness. Also the hydro-lipid film on the skin's surface is less effective than in adults, due to the low sebum production of the sebaceous glands, which only become active in adolescence.

Due to the looser structure, children's skin is more endangered by UV-radiation from the sun. The risk for short and long-term skin damage is therefore higher in children than in adults.



Source: German Association for Dermatological Prevention



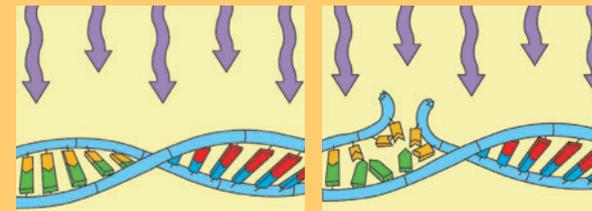
OUR SKIN DOES NOT FORGET

Epidemiological studies have revealed, that each sunburn in childhood multiplies the risk for skin cancer in later life.

The short-term effects of an "overdose" of UV-B is a sunburn; of UV-A phototoxic and photoallergic skin reactions. UV-A and UV-B light can prompt the formation of reactive substances called free-radicals and bring about chemical changes to our genetic material DNA, which can cause disorders in the reproduction and metabolism of cells. Cells may mutate, because the natural repair system of a child's skin is not fully functional and the body can not cope.

Therefore, sun exposure without adequate protection of the skin in childhood is a lifelong mortgage. This means that the human skin forgets neither sunburns nor sub-threshold UV doses, which sum up during the course of life.

Avoid the damage!



Diagrams of the DNA Helix.
Intensive UV rays: penetrate into the depth of the skin.
Deep within our cells is DNA - it is nature's computer program for the functioning of our cells.

Source: German Association for Dermatological Prevention

The combination of higher sensitivity and the special risk for long-term effects on the skin at an early age make effective sun protection for children's skin essential. Like adults, children have an inherited degree of sensitivity for sunburn and capacity for tanning, which is classified by the

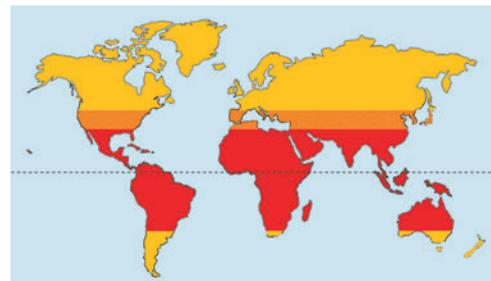
pigmentation typing developed by dermatologists.

The following tables give an overview of the individual sun sensitivity and SPF (sun protection factor) requirements under different exposure conditions.

Protect your child!

Which product suits what skin type under different conditions?

SKIN TYPE	COLOUR OF HAIR, SKIN	USED TO SUN	LIGHT INTENSITY	RECOMMENDED SPF	TIME SPENT IN SUN
I VERY SENSITIVE	<ul style="list-style-type: none"> Blond to red hair Pale skin with freckles 	No	Low	50-50+	1-2 hours
		No	High	50+	>1 hour
		Yes	Low	30-50	2-3 hours
		Yes	High	50-50+	>2 hours
II SENSITIVE	<ul style="list-style-type: none"> Blond hair Pale skin with occasional freckles 	No	Low	50-50+	2-3 hours
		No	High	50+	>2 hours
		Yes	Low	30-50	>3 hours
		Yes	High	50-50+	2-3 hours
III LESS SENSITIVE	<ul style="list-style-type: none"> Dark blond to brown hair Medium complexion 	No	Low	30-50	3-4 hours
		No	High	50-50+	>3 hours
		Yes	Low	30-50	3-4 hours
		Yes	High	50-50+	>3 hours
IV NOT SENSITIVE	<ul style="list-style-type: none"> Dark hair Dark complexion 	No	Low	30-50	>4 hours
		No	High	50-50+	>3 hours
		Yes	Low	20-30	>4 hours
		Yes	High	30-50	>4 hours



Light intensity LOW to MIDDLE
– Only geographical

Light intensity HIGH
– Geographical, climatic zones
– High altitudes, mountainous
– Proximity to water
– Snow, white sand

For each skin type, a „self-protection time“ under normal moderate UV exposure conditions can be given, which applies for adult's skin, but has to be markedly reduced for children. If, for example an adult skin type I, the self-protection time is 10 minutes, then a child with the same

type will only have 5 minutes before sunburn occurs in the unprotected skin.

Protect your child!

Childrens` individual sensitivity to the sun

SKIN TYPE	COLOUR OF HAIR, SKIN	UV SENSITIVITY, SUNBURN, TANNING	SELF-PROTECTION TIME*
I	 <ul style="list-style-type: none"> Blond to red hair Pale skin with freckles 	<ul style="list-style-type: none"> Very sensitive Does not tan Always becomes sunburned 	5 minutes
II	 <ul style="list-style-type: none"> Blond hair Pale skin with occasional freckles 	<ul style="list-style-type: none"> Sensitive Tans lightly Generally becomes sunburned 	5-10 minutes
III	 <ul style="list-style-type: none"> Dark blond to brown hair Medium complexion 	<ul style="list-style-type: none"> Less sensitive Tans lightly Seldom becomes sunburned 	10-15 minutes
IV	 <ul style="list-style-type: none"> Dark hair Dark complexion 	<ul style="list-style-type: none"> Not sensitive Tans deeply and fast Almost never sunburns 	15-20 minutes

* Time that can be spent in the sun before burning

MAKE PREPARING FOR THE SUN FUN

Children are very natural, so when it's hot, they like to undress



BUT this unfortunately means discarding protection that their skin needs.

Help your child to have fun dressing for the sun.

✧ Colorful T-shirts, shorts, swimsuits and hats
Let your child be creative in decorating their playwear.

✧ **Enjoy doing it together.** ✧

TIPS FOR CLOTHING



A **hat**, a cap or a scarf should be worn to protect the head. The brim of the hat should be large enough to protect the face and neck.



Sun glasses protect the eyes against inflammation. Let your optician advise you on the right choice.



Shoes should be comfortable and cover the whole foot
Espadrilles: Yes
Sandals: actually are a No



The exposed skin areas should be reduced by **adequate clothing** (a cotton T-shirt gives protection in the range of SPF 10 **but** only if it is dry)

Clothing should not be tight fitting.

Do not forget to apply the sun care product under the edge of clothing.



PLAYFUL APPLICATION

Especially for "wiggly worms" is standing still for 5 minutes to let mom or dad apply the sun protection lotion or cream, a forever kind of feeling.

So make it a game:

- ✧ We start with our nose and then we go to our toes
- ✧ I'll cream your arm and you cream my arm
- ✧ I'll paint a lotion face on my tummy and then make it disappear. Can you do that?
- ✧ Playmates help each other

Children are curious and like to learn new things.

Make sun protection a learning experience. Explain to them the importance that their skin is well protected. Please also remember that you are living example. A child follows your behaviour – have you applied your seabamed Multi Protect Sun Lotion?



SAFETY OF SUN PROTECTION PRODUCTS

Good sun protection products should not only be effective as indicated by their SPF, but also offer good skin tolerance, which has been demonstrated through dermatological testing.

The risk of skin reactions to sun protection products is low. However, given their use by millions of people, and in general the ever increasing number of allergy sufferers, Baby sebamed Sun Care has been formulated without:

- ✿ Alcohol
- ✿ Parabens
- ✿ PABA esters
- ✿ Paraffin
- ✿ PEG bonds
- ✿ Acrylamides

The ingredient listing according to the international standard INCI appears on the bottom of the product packaging, so that your physician, pharmacist or chemist can give you additional advice should you have any further inquiries.

The packaging also contains a product insert with the sun exposure tables, as shown in this guide for your quick reference, when using the product.

AVOID THE DAMAGE 15 EFFECTIVE TIPS FOR SUN PROTECTION

- ✿ Babies up to 12 months of age should NOT be exposed to the sun!
- ✿ Protect your child with high sun protection factors (SPF) and sun care products with UV-A and UV-B filters.
- ✿ Chemical filter complexes need some time to take full effect as they remain on the surface of the skin. Therefore, apply sun protection 20 – 30 minutes before exposure to the sun, for maximum sun protection.
- ✿ Re-apply sun protection after 90 min. to 1,5 hours spent in the sun, after swimming, while playing and after drying with a towel, as the protective effect, even with water resistant products, diminishes through the length of time spent in the water, perspiration and rubbing.
- ✿ UV rays are strongest between 11 a.m. and 3 p.m. (11:00 – 15:00). Avoid the midday sun! Move with your child into the shade or indoors.
- ✿ Use sun protection even in the case of indirect sunlight (e.g. clouds, shade). Sand, water and snow reflect intensify UV rays, therefore use an adequate SPF for these conditions.
- ✿ Certain drugs can induce severe skin reactions in combination with UV radiation. If your child is taking any sort of medication, please ask your doctor, if the medication can cause a reaction in combination with intense light.
- ✿ Make sure that it never reaches the point that your child's skin reddens. Pay attention and act immediately to avoid any further damage to the skin. The use of further sun protection does not allow your child to stay in the sun!
- ✿ For additional protection wear a hat, sunglasses and textiles (e.g. cotton t-shirt) that is not easily penetrated by sunlight
- ✿ Particularly for children with lighter coloured skin, a dark suntan would come at a price: "Pay later", means years or even decades.
- ✿ Be good to your child's skin: Apply sun care products generously and frequently. Cleanse the skin thoroughly after being in the sun to remove any remaining sun care product. Soothe and moisturize the skin after exposure.
- ✿ During sunbathing and other outdoor activities in direct sunlight, it is not recommended to use deodorants or perfumes, as this could cause pigmentation marks.
- ✿ Check your child's skin in the evening, as sun damage can appear hours after exposure. Apply a soothing After Sun product and give skin a rest for the next couple of days.
- ✿ Even though children are eager to be outdoors sun exposure should be watched carefully; gradually extending the time spent in the sun.



Sun protection for the whole family



Sun Lotion

- ◆ Available in SPF 20, 30, 40 and 50+
- ◆ Sun protection for the body
- ◆ Very easy to apply

Product features:

- ◆ pH balanced UVA + UVB protection
- ◆ Highly effective UVA/UVB filter system combined with a micro-pigments prevent sunlight induced damage and irritations to the skin
- ◆ Cell protection with vitamin E and regenerating provitamin B5
- ◆ Moisturizing complex provides intense hydration
- ◆ Water, sweat and sand resistant up to 6 hours
- ◆ Easily applied, no whitening
- ◆ Oil-free, non occlusive
- ◆ Excellent tolerance for sensitive skin

Indications:

- ◆ Shields against sunburn
- ◆ For sun sensitive skin
- ◆ For sun-intolerant skin

After Sun Soothing Balm

- ◆ Soothes sun-exposed skin

Product features:

- ◆ Specially formulated after sun balm rapidly relieves and revitalizes overheated skin after sun exposure
- ◆ Balanced complex of skin care ingredients restores hydrolipid balance of the skin
- ◆ Vitamin E protects against free radicals
- ◆ Combined cooling and soothing properties of menthol, allantoin and bisabolol regenerate the skin
- ◆ High content of essential natural lipids in cacao butter and glycerin provide intense hydration and protect the elasticity of the skin
- ◆ Makes the skin smooth and supple to enhance your tan
- ◆ pH 5.5 strengthens the natural protective function of the skins's acid mantle



Sun Cream

- ◆ Sun protection for face, hands and dry parts of the body
- ◆ Very easy to apply
- ◆ Available in SPF 20, 30, 40 and 50+

Product features:

- ◆ Reliable pH balanced UVA + UVB protection
- ◆ Highly effective UVA/UVB filter system combined with a micro-pigments prevent sunlight induced damage and irritations to the skin
- ◆ Cell protection with vitamin E and regenerating provitamin B5
- ◆ Moisturizing complex provides intense hydration
- ◆ Water, sweat and sand resistant up to 6 hours
- ◆ Easily applied, no whitening
- ◆ Oil-free, non occlusive
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