

# Skiing in the Sun

Amazingly, a lot of people take the last **opportunity** of going on a skiing holiday at this time of year. Experienced skiers not only have the correct **gear** with them, they also have the proper skin protection.

**S**kin protection? In March? Not only are skiers **exposed** to several hours of intense sunshine every day, but also to the secondary effect of reflected ultraviolet (UV) rays. Snow can reflect up to 85 % of the harmful UVA radiation, which is not only responsible for **premature** aging of the skin, but also contributes to and may even **trigger** the development of skin cancer. UVA radiation can **penetrate** to reach the deeper layers of the skin, and although it is less intense than UVB radiation, it is present during all daylight hours throughout the whole year and can even penetrate clouds. When damage has been done to the skin, it is often hard to **reverse**. A case of prevention is really better than cure.

**Pharmacy customer:** Hello.  
PTA: Hello. What can I do for you?

**We are going on holiday next week and I thought that I would stock up on skincare products for the trip.**

Do you mind me asking where you are going on holiday?

**Not at all. We are going on a skiing holiday with some friends. This is actually our first skiing holiday. Our friends have been telling us for years about their favourite resort, which is why we've decided to try it out this year. It's in the French Alps.**

Wonderful! You are lucky. Do you speak French?

**No, I don't and neither does my husband.**

Another reason for getting your skincare articles here!

**Oh, you're right there!**

So, let's see. You'll be needing **sunscreen**. I think a protection factor of 30 or so should help.

**Sunscreen! Really? In the snow, in March?**

Yes, the sun is the same one! And, as there is **virtually no shade on ski runs and slopes**, you are exposed for very long periods not only to the sun but also to the rays reflected by the snow.

**I see. So, I'll take one for myself and one for my husband.**

We also have these mini, combina-

tion tubes. The sunscreen is in the tube, and there's a **lip balm** with a high ultraviolet protection factor. I find it very useful as it fits into a small jacket pocket.

**Now, that is a good idea. Do you also have that white stuff that people put on the noses and even on their lips? I have no idea what it's called.**

You mean zinc oxide. Yes, that is effective. It is very safe to use and protects your nose, lips and cheeks from the extremes of cold, sun and wind.

**I know you've been really kind and patient, but do you have any more advice as regards to sun care?**

Certainly, just as in the summer, you should apply your sunscreen and lip UVP regularly. In the evening, the après ski time, you should really keep a good skincare **regimen**, that is, **cleansing** and **moisturizing** religiously! After all, there's no point in taking these **precautions** against skin aging and then not ...

**... Keeping it up at night when the skin has a chance to regenerate.**

Exactly! Here are your **purchases**.

**Thank you. You're very helpful.**

Don't mention it, goodbye. Have a nice holiday.

**Thank you, bye. ■**

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## VOCABULARY

opportunity	Gelegenheit
gear	Klamotten
exposed	ausgesetzt
premature	vorzeitig
trigger	Auslöser
penetrate	eindringen, durchdringen
to reverse	umkehren
stock up	auffüllen
skincare	Hautpflege
sunscreen	Sonnenschutz
virtually no	so gut wie kein
shade	Schatten
ski runs and slopes	Skipisten
lip balm	Lippenbalsam, -pflegestift
stuff	Zeug, Kram
regimen	gesunde Lebensweise
cleansing	(Haut)Reinigung
moisturizing	Feuchtigcreme anwenden
precautions	Vorsichtsmaßnahmen
purchases	Einkäufe