



## STALL STREET JOURNAL

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[ A WEEKLY DOSE OF KNOWLEDGE ]

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# Natural Sunscreens

Consistently using a sunscreen that offers broad-spectrum UVA and UVB protection, with an SPF of at least 15, is essential for preventing skin cancer and early signs of aging. Some people prefer “natural” sunscreen products. These generally:

- Use physical blockers, such as *zinc oxide* and *titanium dioxide*
- Are PABA-free. (PABA stands for *para-aminobenzoic acid*, which causes allergic reactions in some people)
- Don't contain petroleum-based ingredients
- Contain minerals and other natural ingredients
- Are free of synthetic preservatives, fragrances, and colors



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*How to Market Yourself in Any Situation*



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