



BOBBI BROWN

BEAUTY RULES

FABULOUS LOOKS, BEAUTY ESSENTIALS, AND LIFE LESSONS
FOR LOVING YOUR TEENS AND TWENTIES

FOREWORD BY HILARY DUFF

What do you think about tanning beds?

They are horrible not only because you are sitting under the word rays that the sun has to offer but you are also sitting on a piece of equipment that lots of people have used. You have no idea how clean it is. You also don't know the dose you are getting. You can come out a raisin.

What are the consequences of not using sun protection?

Skin cancer rates are increasing. It is a serious problem, not to be taken lightly. It's curable in many cases, but when they have to cut out half your cheek to get rid of the cancer, you are also talking about a real cosmetic issue.

Are hats good for keeping the rays off your skin?

A hat is not a substitute for sun protection. Baseball hats offer sun protection for the forehead, but they aren't so great for the sides of the face and the nose when you are looking up. Tightly woven wide-brimmed hats are better, but I don't see many teenagers wearing those.

For more protection tips, visit www.rayfeeta.com.