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Skin Cancer Awareness Month: Protecting Your Scalp

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Q: Why do people (myself included) forget to protect their scalp from the sun?

A: They can't see it, so they forget it is always exposed to the sun all the time. "You look in the mirror, and you look at your face and jawline. You are driving, and you look at your hands," Rebecca Kazin, associate director of the Washington Institute for Dermatologic Laser Surgery, told me.

I agree. At 4'10", I *never* see the top of anyone's head, much less my own.

Kazin did have a few good tips for protecting your scalp, though.

- **Wear a wide-brimmed (about 6") hat.** Skip the visor: it doesn't shield the back of your neck, said Kazin. I've rounded up a few of my favorites from the sun protective clothing brand Coolibar:



Coolibar SmartStraw Tropicana Sun Hat



Coolibar Malibu Ribbon Hat



Coolibar Ribbon Hat

You can view all the women's sun hats from Coolibar [here](#). Here are more hats from another sun protective clothing brand called Solumbra, which I mentioned in my previous post about Skin Cancer Awareness Month.

- **Switch up the part in your hair.** Cover the part in your hair when you are in the sun, and switch your part every day, so the same area is not always exposed to the sun, Kazin said.
- **Use UV protection designed for hair and scalp.** StyleCaster has this list of some products you can try. I like the Sun Care Protective Hair Veil by Aveda.
- **Rules for updos.** If you wear your hair up, *don't* wear it with a part, and *do* remember to put sunscreen on the back of your neck and the tops of your ears.

Tell me. How do you protect your scalp when you are in the sun? Do you even think about it? Let me know in the comments!

May is Skin Cancer Awareness Month. As a beauty blogger, I feel like I should devote a few posts to this important issue. So I am going to do a skin cancer-related post every week or so throughout the month.

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