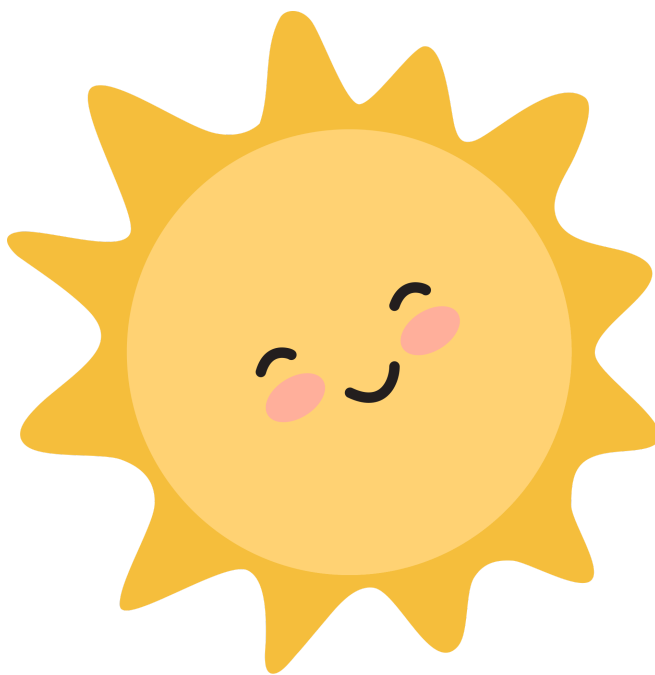


I help women rediscover their God-given beauty and vitality so they can age well with grace, confidence, and purpose.

The Sun & Your Skin: What Every Woman Needs to Know



HELLO, BEAUTIFUL QUEEN!

I'm Evelyn Abernathy, Founder of Purple Essence By Evelyn.

I love guiding women with skincare, self-care, and practical lifestyle tips to age well and living their best life.

As a longtime educator and JAFRA leader, I host engaging online beauty gatherings and inspire women to feel confident at every stage.

Enjoy the course!



SKINcerly,
Evelyn



Module 1 Activity: Sun Care Myths Quiz

Instructions: Read each statement and circle True or False. Let's see what you already know!

You don't need sunscreen if it's cloudy outside.

True / False

Darker skin tones don't need sun protection.

True / False

If I'm only outside for 15 minutes, sunscreen isn't necessary.

True / False

You don't need sunscreen in the winter. — True / False
Sitting in a car or by a window is safe from sun damage.

True / False

A tan protects you from future sunburns.

True / False



SPF Smart Quiz — What Do You Really Know?

Instructions: Circle True or False. The answers are on the following page.

1. SPF 100 blocks 100% of UV rays. — True / False
2. Broad spectrum sunscreen protects against both UVA and UVB rays.
True / False
3. You only need sunscreen if it's sunny outside. — True / False
4. Water-resistant means you don't need to reapply. — True / False
5. You should apply sunscreen 5 minutes before going outside.
True / False
6. SPF 30 is enough for daily use if reapplied properly. — True / False
7. Baby-safe sunscreen can be used on infants under 6 months.
True / False
8. You should apply sunscreen even when driving. — True / False



SPF Smart Quiz Results

1. **False.** There is no sunscreen that blocks 100% of UV rays.
2. **True.** Broad spectrum protects from UVA and UVB rays.
3. **False.** 80% of sun rays penetrate through clouds
4. **False.** Water resistant means your sunscreen stays effective while swimming or sweating—but only for 40 to 80 minutes. It still needs to be reapplied!
5. **False.** Apply 15–30 minutes before heading outside. Sunscreen needs time to bond with your skin.
6. **True.** SPF 30 blocks 97% of UV rays
7. **False.** Never use sunscreen for babies under 6 months of age.
8. **True.** Always apply sunscreen while driving. UV rays penetrate windows.



BONUS: SPF Cheat Sheet

SPF Sun Protection Factor—measures UVB protection

Broad Spectrum Covers both UVA (aging) and UVB (burning)

Water-Resistant Lasts 40–80 minutes in water or sweat

Reef-Safe Safe for marine life; avoids harmful ingredients

Mineral Sunscreen Uses zinc oxide/titanium dioxide; often gentler for sensitive skin

Baby-Safe Only for babies 6 months and older



Where Am I Exposed?” – Your Daily Sun Check-In

**Instructions: Circle the places, times, and activities that apply to your life.
Then answer the reflection questions below.**

Daily Habits

- I walk the dog
- I drive often (commute, errands, carpool)
- I sit near a sunny window
- I garden or work outside
- I go for walks or runs
- I attend or coach outdoor sports
- I work near windows or glass doors

Seasonal Exposure

- I enjoy the beach or pool in summer
- I spend time in the snow during winter
- I go camping or hiking in spring/fall
- I vacation in sunny climates
- I travel on airplanes (UV exposure is stronger at high altitudes)

Reflection Questions:

- What surprised you about your daily or seasonal sun exposure?
- When are you most likely to forget sun protection?
- What’s one small habit you could add to increase your protection?

 **Tip: Post your most common exposure moments on your bathroom mirror or sun-care station!**



Page for Reflective Answers



Build Your Personal Sun Care Routine

Instructions: Use this chart to map out your personal sun-care habits by time of day and activity. Then choose one “habit trigger” to help you stay consistent.

MORNING	Task	Product or Action	Habit Trigger	
	Face protection	e.g. Apply SPF moisturizer	Final step in skincare routine	
	Body protection	e.g. Spray arms/legs	Before getting dressed	
	Hat/sunglasses prep	e.g. Grab from hook by door	When packing purse/bag	

DAYTIME	Task	Product or Action	Habit Trigger	
	Cover-up (wrap/jacket)	e.g. Keep in car	When driving mid-day	
	Seek shade	e.g. Lunch under umbrella	Outdoor time between 10–4	

EVENING	Task	Product or Action	Habit Trigger	
	After-sun care	e.g. Cooling lotion, hydrate	After showering	



Reflection Prompt:

Which new habit will you try first this week?
What can you do to make it easier or more enjoyable?

✦ Bonus Tip: Take a photo of your routine chart and set a phone reminder until it becomes second nature.

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Protecting the People You Love

Instructions: Think through your household and regular routines. Use this chart to identify who might need sun care support—and what small action you can take to help them stay protected.


	Family Member	Age Group	Needs Support With...	What I Can Do	
EXAMPLE:	My daughter	Teen	Reapplying at school	Add sunscreen to her school bag	



Reflection Prompt:

Who are you most concerned about when it comes to sun safety?

What habit can you start today that will benefit your whole household?

 **Bonus Tip:** Create a “Sun Station” at home with hats, sunscreen, and sunglasses for everyone to grab on the go!



Why I Choose to Age Well

This is My Why: A Reflection on Skin & Self

Instructions: Take a few moments to journal your personal reasons for caring for your skin. You may want to revisit this page whenever your motivation fades.

Journaling Prompts:

What does “aging well” mean to you personally?

What inspired you to start this course or take sun care more seriously?

How do you want your skin to look and feel 10 years from now?

What kind of example do you want to set for those around you?

What loving, protective actions are you already doing for your skin?



JOURNALING PAGE

“I care for my skin because...” (fill in your own empowering words)



My Morning-to-Evening Sun Care Flow

Instructions: Fill in this routine planner based on your daily habits. Use it as a printable you can refer to or update seasonally.

Morning

- ☑ Cleanse skin
- ☑ Apply SPF to face, ears, neck, chest
- ☑ Apply SPF to body (arms, legs, etc.)
- ☑ Lip protection
- ☑ Grab sun hat / sunglasses / water
- 💬 What product or reminder helps me stay consistent? _____

Midday

- ☑ Re-apply to body if outdoors
- ☑ Wear hat or seek shade during lunch
- 💬 What's my reapply habit trigger? _____

Evening

- ☑ Cleanse skin
- ☑ Apply after-sun lotion or moisturizer
- ☑ Hydrate with water
- ☑ Quick skin check for any new spots or changes
- 💬 How do I celebrate my skin today? _____

📌 Keep this sheet where you get ready in the morning—or snap a pic and save it on your phone!



Your Sun Care Commitment & Closing Notes

♥ **Protect your skin now—your future self will thank you.**

You've reached the end of the course, and I hope you feel more confident, more empowered, and more committed to aging well through daily sun care. Use this final page to reflect on what you've learned and set a loving intention for your skin and your health.



My Sun Care Commitment:

I commit to protecting my skin every day by:

- _____
- _____
- _____



My Biggest Takeaways:

What surprised you? What will you carry forward?

- _____
- _____
- _____



Questions I Still Have:









Want More?

- ☐ I'd like help building a product routine for myself or my family
- ☐ I'm curious about hosting a scroll party to learn more with friends
- ☐ I want to stay connected with Evelyn for future beauty & wellness tips
- ☐ I want to open an account to get everything at 40% savings.



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Thank you for taking this journey. I'm honored to walk beside you.



Final Affirmation

I honor my skin.

I protect my health.

I am aging well, on purpose.



NOTES