



Sun Care with Dr. Riggs and Dr. Wolthoff

How does nutrition and digestion impact my skin?

How do movement and metabolism impact my skin?

How does resting and managing stress impact my skin?

How can I support my skin by reducing toxicity and supporting detoxification?

What can I do to protect my children's skin?



Sun Care with Dr. Riggs and Dr. Wolthoff (continued)

What does Dr. Wolthoff recommend for after sun care for those times when we spend too much time in the sun or forget to reapply?

What was Dr. Riggs trick for using the After Sun Spray that he learned from his son?

What do Dr. Riggs and Dr. Wolthoff suggest for protection from blue light and for regular, everyday sun protection, not just when we're out at the beach?

What are some of the things that Dr. Wolthoff suggests for daily skincare?

What are some non-skincare, non-sunscreen suggestions Dr. Wolthoff gives for protecting against the sun?
