

Dermatologists are horrified by ‘sunburn art’ trend

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Sacrificing your health in the name of body art: never a good idea.

This really burns.

In a dangerous new trend, beachgoers are laying off the sunscreen this summer to brand themselves with tattoo-like “sunburn art,” much to the dismay

of dermatologists.



Those taking part either trace a sun shape on their skin with sunscreen for a pale outline, or they cover their bod with sunscreen and wipe away parts they want exposed, for burned-on art.



Both techniques are bad, according to Dr. Debbie Palmer, a dermatologist in Westchester.

“To increase your skin cancer risk for the purpose of innovative body art is not recommended,” she says. “Sunburn’s effects are long-lasting.”

“Both a sunburn and a suntan cause DNA damage to skin cells and can lead to skin cancer,” Palmer adds.

In fact, just one severe burn in childhood or adolescence more than doubles the risk of melanoma later in life. The risk also doubles in a person who’s had five or more sunburns at any age.

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