

GUIDE TO CHOOSING AND APPLYING SUNSCREEN

How to Choose an Effective Sunscreen

Broad-Spectrum Protection

Look for a sunscreen labeled “broad-spectrum.” This ensures protection against both UVA and UVB rays.

Water Resistance

If you plan to swim or sweat, select a water-resistant sunscreen. Note that no sunscreen is waterproof, so reapplication is necessary.

Formulation

Choose a formulation that suits your skin type and purpose. Clear formulas are good for skin with darker tones, creams are good for dry skin, and gels work well for oily skin.

SPF Rating

Choose a sunscreen with an SPF of at least 30.

Higher SPF = more protection.

Ingredients

Sunscreens can contain either organic (chemical) or inorganic (physical) UV filters. Both types can provide effective protection if applied correctly. Contrary to popular belief, mineral and chemical UV filters mostly work the same way – by absorbing UV radiation.

Sensitive Skin

If you have sensitive skin, opt for sunscreens labeled “fragrance-free” and “hypoallergenic.”

Mineral sunscreens with zinc oxide and titanium dioxide are often recommended for sensitive skin and for small children.

How to Apply Sunscreen Properly

Amount

Use a generous amount. A general guideline is to apply $\frac{1}{4}$ teaspoon for the face, another $\frac{1}{4}$ for the neck and ears, or 1 ounce (a shot glass full) to cover your entire body.

Application Time

Apply sunscreen 15-30 minutes before sun exposure to allow it to form a protective layer. UV filters work immediately, but the formula needs a little time to evenly settle.

Even Coverage

Ensure even coverage by applying sunscreen to all exposed skin, including often-missed areas like the ears, back of the neck, tops of feet, and the hairline.

Reapplication

Reapply sunscreen every two hours, or more frequently if swimming or sweating heavily. Always reapply immediately after towel drying.

Layering with Other Products

Apply sunscreen after your moisturizer but before makeup. Allow each layer to absorb properly before applying the next.

Check the Expiration Date

Sunscreen that has expired should be tossed out.

Storage

Do not store sunscreen in a hot car or any other hot environment as the ingredients may degrade or separate in excessive heat.

STAY SUN-SAFE AND PROTECT YOUR SKIN!

