



With summer in full swing, it's essential to safeguard your skin from harmful UV rays. Sunscreen is a crucial tool in your sun protection arsenal, but understanding sunscreen labels can sometimes feel like deciphering a secret code. Fear not, we will help you navigate sunscreen labels and empower you to make informed choices for optimal sun protection.

Reading Sun Screen Labels



SPF (Sun Protection Factor)

The SPF number indicates the level of protection against UVB rays, which are responsible for sunburns. Look for a broad-spectrum sunscreen with an SPF of 30 or higher for everyday use.

Broad Spectrum

A sunscreen labeled as "broad spectrum" protects against both UVB and UVA rays. UVB rays primarily cause sunburns, while UVA rays contribute to skin aging and can penetrate deeper into the skin. Choose a broad-spectrum sunscreen to shield yourself from both types of radiation.



Water-Resistant

If you're planning to swim or engage in water-related activities, opt for a water-resistant sunscreen. Keep in mind that water resistance varies between products, so check

the label for specific instructions on reapplication after water exposure.

Active Ingredients

Sunscreen contains active ingredients that provide UV protection. The most common ones are titanium dioxide, zinc oxide, avobenzone, octinoxate, and oxybenzone. Be aware that certain chemical filters, such as oxybenzone, may have environmental concerns. If you have sensitive skin, look for mineral-based sunscreens containing titanium dioxide or zinc oxide.



Application Instructions

Pay attention to the instructions for proper application. Sunscreen should be applied generously to all exposed areas of skin and reapplied every two hours, or more frequently if you're sweating heavily or swimming.

Expiration Date

Check for the expiration date on the sunscreen label. Over time, the effectiveness of active ingredients can diminish, so it's crucial to use fresh sunscreen for optimal protection.



Skin Sensitivity

If you have sensitive skin or are prone to allergies, carefully read the label for any potential irritants or allergens. Some sunscreens are formulated to be hypoallergenic or fragrance-free, which may be suitable for sensitive skin.

PRO TIP:

Sunscreen is just one part of your sun protection routine.

It's important to complement it with other protective measures like seeking shade, wearing protective clothing, and avoiding peak sun hours.

Your health is a journey. Small, consistent efforts can make a difference. Schedule an appointment with your trusted clinic!



Schedule an *in-office* OR *virtual* visit with your local clinic!

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