

SUNSCREEN TIPS and RECOMMENDATIONS

- Ideally a sunscreen should provide "BROAD SPECTRUM" protection from UVA/UVB rays and be at least an SPF of 30.
- Even on cloudy days, up to 80% of the sun's harmful rays can penetrate your skin.
- Use enough sunscreen to generously coat all skin that will be not be covered by clothing. Most people only apply 25-50% of the recommended amount of sunscreen. Sunscreen in make-up products is helpful, but is usually is not enough to fully protect your skin.
- Follow the guideline of **"one ounce, enough to fill a shot glass"**, which dermatologists consider the amount needed to cover the exposed areas of the body. Adjust the amount of sunscreen applied depending on your body size.
- Apply the sunscreen to dry skin 15 minutes BEFORE going outdoors or swimming. Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher. Re-apply sunscreen approximately every two hours or after swimming or sweating heavily according to the directions on the bottle. .
- Choose "physical" sunscreens with mineral based active ingredients such as **zinc oxide**, and/or **titanium dioxide**. Avoid "chemical" sunscreens with "-benzone" on the active ingredients list such as avobenzone, and oxybenzone (*common allergen).

BRAND RECOMMENDATIONS:

Daily Sun Protection for face and body:

- EltaMD UV Clear Lotion SPF 46 (available at Dermatology Associates of GA or online)
- Elta MD UV Lotion SPF 30+ for Body/Face
- Revision Intellishade (available at Dermatology Associates of GA)
- La Roche Posay Anthelios or tinted Mineral (available at Ulta stores or online)
- Cerave Invisible Zinc Face Lotion SPF 30 (available at local drug stores)

For Active/Sports/Beach/Pool

- EltaMD UV Spray SPF 46
- EltaMD UV Sport SPF 50
- Or any on the list below for kids/sensitive skin

FOR CHILDREN/SENSITIVE SKIN:

- EltaMD Physical SPF 41
- EltaMD Pure SPF 47
- Blue Lizard Sensitive Skin or Baby SPF 30+
- Babyganics Mineral Sunscreen lotion or spray SPF 50
- Neutrogena Sheer Zinc Purescreen
- BabyBum Mineral Sunscreen SPF50
- VMV products (online purchase)