

5 Things to Consider When Choosing a Sunscreen

1

Broad-Spectrum

Protects the skin from ultraviolet A (UVA) rays, which cause premature aging of the skin, and ultraviolet B (UVB) rays, which cause sunburn and skin cancer.

2

Ingredients

There are two types of sunscreens: mineral and chemical. Mineral sunscreens are made of zinc oxide or titanium dioxide. Chemical sunscreens use various FDA-approved compounds.

3

Sun Protection Factor (SPF)

Choose an SPF of 30 or higher. The numeric rating refers to how well a sunscreen protects you from sunburn. Anything over 50 isn't necessary. Whatever the SPF, it's best to reapply often.

4

Water Resistance

Protects from sweat and swimming for up to 80 minutes, so reapply every two hours in prolonged sun exposure.

5

Types

Sunscreens come in many forms: lotions, sticks, gels, and sprays. In general, lathering on a lotion provides the most thorough and trustworthy coverage.

