

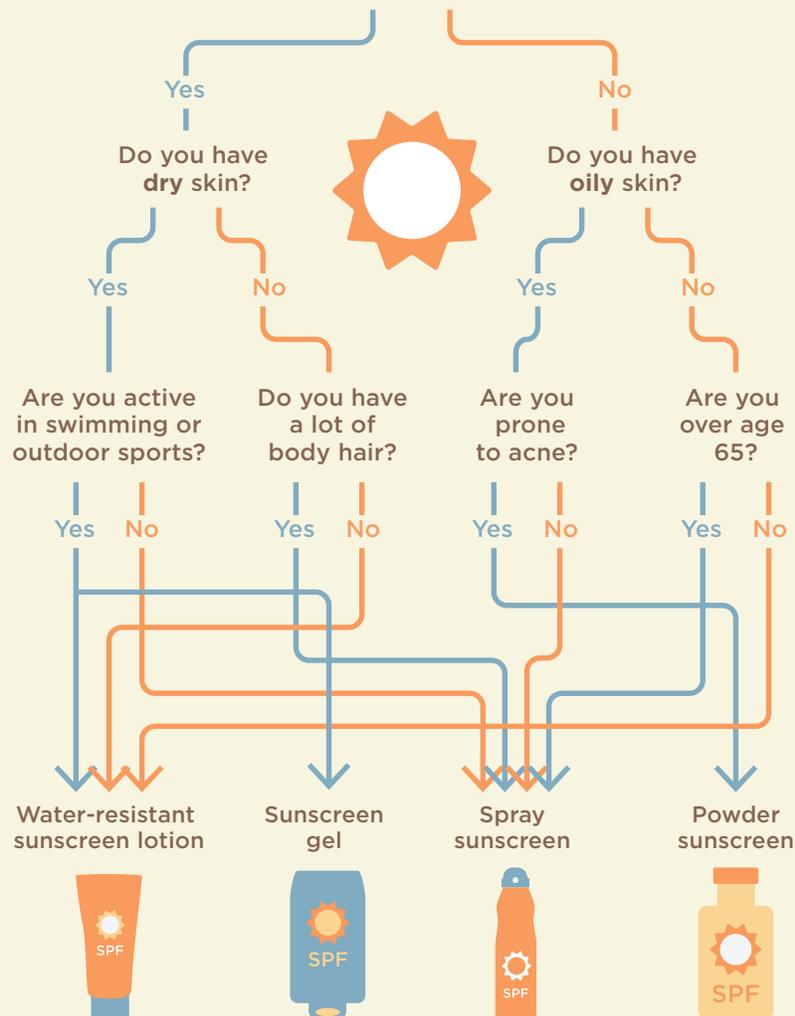
How to choose the best sunscreen for your skin type



Protecting your skin with an SPF of 30 or higher is a must. But which type of sunscreen is best for your skin type?



Do you have sensitive skin?





Water-resistant sunscreen lotion

Sunscreen lotions tend to be more hydrating, so this is a great choice if you have dry skin.



Sunscreen gel

Gels are the best choice if you are athletic, as they stick with you when you move and sweat.



Spray sunscreen

Spray sunscreens are easy to apply and provide even coverage. Hold for about six seconds over each area of the body being covered.



Powder sunscreen

Powder sunscreen creates a physical block over your skin — shielding it from UV rays — and won't clog pores the way that liquid sunscreens do.

Do not use spray or powder sunscreen on young children. Spray sunscreen should only be used in a well-ventilated area. Avoid applying spray or powder sunscreen around the face. Do not inhale — hold your breath if possible.

Read the fine print

Check to ensure the following are stated on the label of your sunscreen:

- 1 BROAD SPECTRUM**
Sunscreen that protects from UVA and UVB rays.
- 2 SPF 30 OR HIGHER**
Sun protection factor (SPF) rates the effectiveness of your sunscreen in blocking UV rays.
- 3 WATER-RESISTANT**
Water-resistant sunscreen protects for 40 to 80 minutes, depending on the product's strength.

Note: Sunscreen is not a substitute for other forms of sun protection.

From the expert

“When choosing a type of sunscreen, find a product that you will want to apply to your skin on a daily basis. Remember, sunscreen should be reapplied every two hours or after sweating or water exposure.”



— Dr. Jeffrey Melancon, dermatologist at Sharp Rees-Stealy Medical Group