

Sunscreens

- Pick a broad spectrum sunscreen that protects against **both** UVA and UVB. See below for some of our favorites.
- Apply sunscreen 30 minutes prior to sun exposure and reapply every few hours. Reapply with sweating or after getting out of water.
- Use at least a ½ tablespoon for the face, and a golf ball size of sunscreen for the trunk and extremities.
- You can apply sunscreens before your moisturizer, after your moisturizer, or mixed with your moisturizer.
- Sunscreens with SPF 30 or greater are preferable, especially with outdoor activities.
- Tell your dermatologist if your skin seems irritated by sunscreens.
- Good sunscreens include:
 - Blue Lizard Australian Sunscreen (Baby)
 - Ulta MD UV Shield
 - La Roche-Posay Anthelios Ultra Light Fluid
 - La Roche-Posay Melt-in Sunscreen Milk
 - Neutrogena Ultra Sheer Dry Touch Sunscreen with Helioplex
 - Neutrogena Sensitive Skin Sunblock Lotion SPF 30
 - SkinCeuticals Physical UV Defense
 - SkinMedica Environmental Defense Sunscreen
 - SkinMedica Daily Physical Defense

Consider an internal approach to sun protection by increasing your body's defense against environmental damage internally through supplements.

- HelioCare Sun Protection Pills
- Murad Pomphenol Supplements