

SUN PROTECTION



Sunscreen (Chemical) v. Sunblock (Physical)

Chemical Sunscreen	
<i>Protects our skin by absorbing the UV radiation and converting it into heat. Oxybenzone (benzophenone-3) is the most common active ingredient.</i>	
Pros	Cons
Easy to rub into skin Doesn't leave a white cast behind	Works 20 minutes after application Not ideal for oily skin types (clogs pores, irritant)

Physical Sunscreen (Sunblock)	
<i>Protects our skin by deflecting UV radiation. Zinc oxide and titanium dioxide are the most common active ingredients.</i>	
Pros	Cons
Less irritating for sensitive skin Works immediately after application	More likely to leave a white cast because it is difficult to blend in

Tinted Sunscreen
Comes in either chemical or physical formulations, but adds additional protection against visible light.

Sun Protection Factor (SPF)

- It only takes 10 minutes for unprotected skin to burn!
- Make sure you use a broad spectrum sunscreen
- Gold standard: SPF 30 - 50+

Reapplication

Don't forget to reapply sunscreen every 2 hours or more often if you are swimming or sweating.

Teaspoon Rule: on average, apply 1 teaspoon of sunscreen to the face and neck area, 2 teaspoons to torso, 1 teaspoon for each upper extremity, and 2 teaspoons for each lower extremity

Note: Most sunscreen lasts about 3 years, so make sure you throw away any old bottles that have passed their expiration date!

