

# SUN PROTECTION

DIGA  
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## SUNSCREEN (CHEMICAL) V. SUNBLOCK (PHYSICAL)

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

- Protects skin by deflecting UV radiation
- Zinc oxide and titanium dioxide are most common active ingredients
- Less irritating for sensitive skin
- Works immediately after application
- More likely to leave white cast because it is difficult to blend in

## What Sun Protection Factor (SPF) Do I Use?

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

### Tinted Sunscreen

Comes in either chemical or physical formulations but adds additional protection against visible light

## REAPPLICATION

Don't forget to reapply sunscreen every 2 hours or more often if 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!

## REFERENCES

Material Adapted from: American Academy of Dermatology - Sunscreen FAQs

