



SUN SKIN CARE



There is no arguing that sunscreen is necessary to keep us protected against skin cancer, prevent sun/age spots, skin damage, fine lines and premature aging of skin. For a product that does so many good things, it can also come with bummer side effects. Some formulas sting, some are too thick, can cause breakouts and some simply refuse to blend into the skin leaving a white/grey appearance. Here are some tips that will help you chose the perfect sunscreen this summer!



- Choose sunscreens that are at least 30 SPF. Anything higher than 30 will offer more protection, but there is less of a difference as you go up. For example, SPF 15 will filter out 93% of UVB rays, SPF 30 filters out about 97%, SPF 50 about 98% and SPF 100 about 99%.
- Choose creamy sunscreens over sprays or powders. Sprays and powders are usually mineral-based and contain particles that can enter the bloodstream and potentially cause cardiopulmonary issues. Sprays are also easily inhaled after application, landing them as a last resort option.
- If you have acne-prone skin, check for a water-based formula instead of oil based. Water-based formulas are less likely to clog pores and lead to breakouts, especially if you have oily skin.
- Choose sunscreens that are “broad spectrum” protection. They offer protection against UVA and UVB rays. All sunscreens offer UVB protection which are the main cause of sunburn and skin cancer, but UVA rays contribute to premature skin aging and skin cancer as well.
- Water resistant sunscreens aren’t waterproof. It is best practice to reapply after swimming or sweating (and at least every two hours).
- Check the ingredients for harmful ingredients such as oxybenzone, which is linked to hormone disruption, cell damage and hazardous for sea life.
- Make it a habit to check the expiration date on sunscreen before applying.