



Picking the Right Sunscreen

The summer sun can feel wonderful on your skin. But to protect against skin cancer, burns and even wrinkles, it's important to use sunscreen.

For the best protection, look for a formula labeled “broad-spectrum,” then choose the right sun protection factor (SPF). Experts recommend SPF 30 or higher, regardless of your age, skin color or how long you’ll be in the sun. Brands marked “water resistant” last longer in the water, but reapply after swimming.

Once you’ve made your selection, apply it generously to all exposed areas. Don’t forget the tops of your feet and ears.

Here are more tips to save your skin:

- 1 Check the ingredients.**
Vitamins C and E and beta-carotene boost sunscreen’s blocking powers. Ingredients such as titanium dioxide, zinc oxide and avobenzone ensure you’re getting broad-spectrum coverage.
- 2 Cream, stick or spray?**
Certain forms can work better for some skin types or body parts. For instance, sprays apply more easily on hairy spots, while creams soothe the face.
- 3 Look to the pros.**
The American Academy of Dermatology seal shows your sunscreen meets dermatologists’ recommendations.