

## How to Pick the Correct Sunscreen

Sunscreen, sun block, what is the difference? This is a confusing process when you have so many products to choose from. Which one is best for you? Here is some information that might help you to decide when purchasing your sunscreen products this season. It is already determined that your minimum SPF (Sun Protection Factor) is a SPF 15.

This means that you can be in the sun 15 times longer without burning than you can without a sunscreen. The higher the SPF the higher the percentage.

If you are fair skinned you will want to use a higher SPF. Again this is related to the burn factor. This is only protecting the burn level of your skin. If you are going to be in the sun over 20 minutes it is recommended that you wear a sunscreen.

You should find a sunscreen that also protects against UVA also (a broad spectrum sunscreen). This is Ultra violet rays and this penetrates deeper into the skin. One of the effects of not wearing a UVA protector is your skin will wrinkle faster with age. Most products labeled sunscreen have some kind of UVA protection.

Sun blockers, these products usually contain titanium dioxide and zinc oxide which physically block ultraviolet radiation (UVR). They are usually messy and they don't absorb as easily as the sunscreen.

Water proof or water resistant, If you choose water proof the product maintains its SPF level 80 minutes after you leave the water. If you choose water proof, the product maintains its SPF level 40 minutes after you leave the water. In either case if you are going to remain in the sun you should reapply your sunscreen to protect your skin. We recommended amount to apply is one ounce. One ounce is a good amount of sunscreen. Make sure you cover your entire body. Remember you should be using a sunscreen SPF of 15+ that includes a UVA protector, a broad spectrum sunscreen.

Remember even on rainy days you can get UVA exposure so if you are planning on being out doors use a sunscreen with a UVA protector daily.

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