



# How to Get the Most out of Your Sunscreen

Sunscreen is one of the most important skincare products you can buy. It protects your skin from UV radiation, which can cause a whole host of skin issues like sunburns, premature aging, and even skin cancer. However, not all sunscreens are created equal, and it's important to use them correctly in order to get the most out of them. Let's go over some tips on how to get the most out of your sunscreen.

## Choose the right kind of sunscreen

Not all sunscreens are created equal, and it's important to choose one that's effective at blocking both UVA and UVB radiation. Look for sunscreens that are labeled as "broad-spectrum" and have an SPF of at least 30.

## Apply sunscreen correctly

One of the biggest mistakes people make when it comes to sunscreen is not applying it correctly. It's important to apply enough sunscreen to cover all exposed areas of skin, and to do so at least 15 minutes before going outside. Don't forget to reapply every two hours or after swimming or sweating.

## Use other forms of sun protection

Sunscreen should be just one part of your sun protection routine. You should also wear protective clothing like hats, long-sleeved shirts, and sunglasses, and avoid being in the sun during peak hours (10 am to 2 pm).

## Don't forget about your lips

Your lips are just as susceptible to sun damage as the rest of your skin, so it's important to protect them with a lip balm that contains SPF.

## Consult with a dermatologist

If you have any concerns about how to best protect your skin from the sun, it's always a good idea to consult with a dermatologist. They can help you choose the right products for your skin type and provide guidance on how to use them correctly.

Sunscreen is one of the most important products you can use to protect your skin, but it's important to use it correctly in order to get the most out of it. By choosing the right kind of sunscreen, applying it correctly, and using other forms of sun protection, you can help keep your skin safe and healthy. And remember, if you're ever unsure about how to best protect your skin, don't hesitate to consult with a dermatologist - they can provide expert guidance to help keep your skin in tip-top shape.