



# The Trouble With Sunscreen Solved!!



- 1. I don't like the way sunscreen smells:** Choose products labeled “unscented” or “fragrance-free”. Products formulated for sensitive skin often have less fragrance.
- 2. Sunscreen makes my skin feel greasy:** Choose oil-free, water-based or alcohol-based products. Many products claim “dry-touch” or “non-greasy” on the label.
- 3. I have sensitive skin:** Choose a sunscreen made for sensitive skin or for babies. Look for products that contain only zinc oxide and/or titanium dioxide as active ingredients. These non-chemical minerals rarely irritate sensitive skin.
- 4. I can't reapply sunscreen over my makeup:** It's important to reapply sunscreen when you're outside. This can be tricky if you wear makeup. Choose a powder or foundation with a sun protection factor (SPF) of 15 or higher. That way, quick midday reapplication is easy.
- 5. I sweat sunscreen off:** Choose a sunscreen claiming to be “very water resistant” or “very sweat resistant”. These products often have the word “**Sport**” on the labeling. These products must still be reapplied often to be effective if you are sweating a lot.
- 6. Sunscreen makes my face break out:** Choose oil-free products specially made for the face. It may help to wash the sunscreen off when you come inside. Just make sure you always reapply 20-30 minutes before you go back outside!
- 7. Sunscreen stings my eyes when I sweat:** Try a stick sunscreen on your forehead and around your eyes. These products have more of a waxy consistency and are less likely to run. Never put sunscreen directly around the eye area. Protect the skin around your eyes with sunglasses.
- 8. I won't get a tan if I use sunscreen:** Tanned skin is damaged skin. If you want to look tan, choose a self-tanning lotion or bronzer from a department store or drug store. There are also salons that offer spray-on tans. These will give your skin a tanned look without the damage.