



5 SUN-CARE ESSENTIALS

1. Sunscreen – Choose products with an SPF of 15 or higher; water-resistant products with the seal will still be effective up to 40 minutes in the water.
2. Facial Moisturizer – SPF 15 or higher.
3. Clothing, hats – Choose sun-blocking clothing with an ultraviolet protection factor (UPF) of at least 30. Or wear tightly woven fabrics in dark colors, which keep out more UV light than lighter shades (a white cotton T-shirt has UPF of 8, jeans 100+). A hat with a 3-inch-wide brim is best.
4. Sunglasses – Look for glasses that cover the skin around the eyes and block no less than 99% of UVA and UVB rays.
5. Lip balm – SPF of 15 or higher