



RECOMMENDED SUNSCREENS

NOT ALL SPF IS CREATED EQUALLY

"The best broad protection against both UVA/UVB is provided by Zinc Oxide and/or Titanium Dioxide"

- **Weekend fun in the sun:** Water and Sweat resistant

Blue Lizard for advanced protection when in the sun, 240 minutes water resistant in a whirl pool!



Regular: Very water resistant, 6% zinc oxide

Face: Oil free, sensitive skin, fragrance free, antioxidants, 8% zinc oxide, non-comedogenic

Sport: Very water resistant, 6% zinc oxide, formulated for sweat, 240 min

Blue Lizard® Australian Sunscreen originated in Australia, where standards for sunscreen are the highest in the world. Blue Lizard is a broad-spectrum UVA and UVB protection in a mineral-based, water-resistant, SPF 30+ formulation. Our patented BPA-free Smart Bottle™ changes colors in the presence of harmful UV rays, reminding you to cover up. Blue Lizard is the brand most recommended by pediatricians, dermatologists, pharmacists nationwide.

- **Daily wear:** Protect and prevent aging



Sheer Antioxidant 50 SPF Sheer texture, good for oily skin and acne prone skin.

Broad spectrum UVA & UVB SPF 50+ coverage, Latest Suspension System delivers ultra-sheer, weightless 13.75% Micronized Zinc Oxide, Antioxidant enriched with green tea polyphenols, resveratrol, vitamin A,C,E,, emblica and CoQ10, to provide exceptional broadspectrum UVA/UVB protection and quench free radicals.

Antioxidant Sunscreen Moisturizer 50 SPF for daily summer wear, good for dry skin

Moisturizing base with powerful hydrators – squalane and hyaluronic acid

Broad spectrum UVA & UVB SPF 50+ coverage

Antioxidant enriched formula: Silymarin, Bisabolol, Ectoin, Activated Vitamin E, Green Tea Polyphenols, Caffeine USP, Fast absorbing, clean application – no white streaks

Excellent as a makeup primer

- **Ultra-Sensitive Skin:** For highly sensitive skin or chemical allergies

Vanicream sunscreen No added fragrance or PABA, heavier cream base

Available at Walgreens, CVS and select Target stores

WHAT TO LOOK FOR

A broad spectrum sunscreen, meaning it covers both UVA and UVB. Best are those with Zinc oxide or Titanium Dioxide.

American Academy of Dermatology and Highlander Dermatology recommends 30+(or higher) broad spectrum SPF

Sunlight consists of two types of harmful rays that reach the Earth – UVA rays and UVB rays. Overexposure to either can lead to skin cancer. In addition to causing skin cancer, here's what each of these rays do:

- UVA rays (or aging rays) can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass.
- UVB rays (or burning rays) are the primary cause of sunburn and are blocked by window glass.

There is no safe way to tan. Every time you tan, you damage your skin. As this damage builds, you speed up the aging of your skin and increase your risk for all types of skin cancer. Look for the words "**water resistant**." No sunscreen is completely waterproof, but water-resistant sunscreens can provide protection for wet or sweaty skin for 80 minutes, or more (**240 minutes with Blue Lizard!**) as indicated on the label. All sunscreens should be reapplied every two hours, or after swimming or sweating. For sensitive skin, choose a sunscreen without fragrance, oils and para-aminobenzoic acid, (also known as PABA).