ONE PAGE SUMMARY

Lifestyle & Hobbies › Skincare › Sunscreen

Beginner lessons for Sunscreen

Protect Your Skin: The Essential Guide to Sunscreen

DEFINITION

> Sunscreen is a lotion or spray that protects your skin from harmful UV rays. It helps prevent sunburn and skin damage.

KEY CONCEPTS

SPF Rating

SPF stands for Sun Protection Factor, indicating how long your skin is protected from UVB rays.

Broad Spectrum

Broad spectrum sunscreen protects against both UVA and UVB rays, offering comprehensive protection.

Application Amount

Use about an ounce (a shot glass full) for full body coverage to ensure effectiveness.

Reapplication

Reapply sunscreen every two hours, or more frequently if swimming or sweating.

Expiration Date

Sunscreen can lose effectiveness over time, so always check the expiration date before use.

EXAMPLES

→ Apply SPF 30 sunscreen before heading outdoors.

→ Reapply sunscreen after swimming or sweating.

→ Choose a broad spectrum sunscreen for complete protection.

MEMORY TIPS

★ Think 'SPF = Sun Protection Forever' to remember its purpose.

★ Use the acronym 'B.A.R.E.': Broad spectrum, Apply generously, Reapply, Expiration check.

★ Visualize a shot glass to remember the amount needed for full body coverage.

COMMON MISTAKES

✗ Not applying enough sunscreen for full protection.

✗ Skipping reapplication after swimming or sweating.

✗ Using expired sunscreen, which may not be effective.

QUICK RECAP

Sunscreen is crucial for protecting your skin from UV damage. Remember to choose a broad spectrum product, apply generously, and reapply regularly for the best results.