GET THE MOST OUT OF YOUR SUNSCREEN

APPLY GENEROUSLY
You need about 1 ounce of sunscreen to cover your body. That’s about the size of a golf ball or enough to fill a medicine cup.

APPLY EVENLY
Make sure not to miss spots. Try putting sunscreen on before you get dressed. Don’t forget your lips, ears, neck, hands and feet.

APPLY 20 MINUTES BEFORE GOING OUTSIDE
Sunscreen needs time to absorb into the skin to work well.

REAPPLY EVERY 2 HOURS
Sunscreen gets weak when exposed to sunlight so remember to reapply, especially if you are sweating a lot or in and out of water.

CHOOSE THE RIGHT PRODUCT
Pick sunscreens with a sun protection factor (SPF) of 30 or higher. Check for one or more of the following ingredients:

- Zinc Oxide
- Titanium Dioxide
- Avobenzone
- Mexoryl

HELPFUL HINT FOR DAYS YOU KNOW YOU’RE GOING TO BE OUTSIDE*
To avoid missing spots or applying too little too late, try putting on a layer of sunscreen as part of your morning routine. Then put on a second layer 20 minutes before you go outside. This way you’re sure to use enough and you’ll probably catch any missed spots.