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Why You Need To Wear Sunscreen Every Day (Not Just In The Summer)

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DR. BARBARA
STURM
MOLECULAR
COSMETICS
SUN DROPS
SPF 50
MADE IN GERMANY

Dr. Barbara Sturm Molecular Cosmetics Sun Drops DR. BARBARA STURM

Quick. Name one skincare product that works immediately upon application, and continues to keep your face looking healthy, wrinkle-free, and youthful for years to come. (But for one head-scratching reason or another, most of you don't wear it year long.)

I'm talking about sunscreen.

While many of you wear it during the summer months, here's the reality: you've got to wear sunscreen every day of the year, come rain or shine. "Ultraviolet rays that are the cause of sun damage and skin cancer are always present," explains Dr. Shilesh Iyer, M.D., a Board Certified dermatologist with the renown New York Dermatology Group. "They are independent of cold or hot weather, and are not blocked by clouds. On overcast days, only visible rays (but not UVB rays) from the sun are blocked. The best way to protect the skin is with sun protection."

If another reason sunscreen isn't a part of your everyday beauty routine is because of how the formulas of your youth would feel sticky or leave a telltale white cast on your skin, I've got good news. "Today, there are a wide array of vehicles with varying textures such as creams, lotions, sprays, sticks and gels," says Iyer, "They range from being light in consistency to more moisturizing, depending on your needs."

Not sure exactly what to look for when selecting a sunscreen? No worries, we've got you covered. Iyer says to keep the following four things in mind.

Broad spectrum: Sunscreens should be labeled as broad spectrum, which means the product will cover shield against UVA and UVB rays.

Water resistant: This indicates that the product will protect the skin in water for a specified duration of time.

Sun protection factor (SPF): This numerical factor provides information on the level of protection provided. A minimum of SPF 15 or 30 is recommended for everyday wear. When in the sun, it's important to reapply sunscreen to exposed areas every 90 to 120 minutes, or as the product label indicates.

Active ingredients: Note whether the active ingredients are chemical or physical sunscreens. Physical sunscreens most commonly contain titanium dioxide and zinc oxide, which provide a physical barrier on the skin that reflect dangerous UV rays. Chemical sunscreens contain chemicals, which protect the skin by interacting with and absorbing ultraviolet energy. Both are effective, but chemical sunscreens may have a higher chance of producing skin irritation or allergic reactions in sensitive individuals.

Now that you know what to look for, below are six terrific sunscreen products ranging from powders to gels, that suit a range of skin types, too.

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Mix a few drops of this innovative sunscreen with your favorite moisturizer or foundation for... [+] DR. BARBARA STURM

Dr. Barbara Sturm Molecular Cosmetics Sun Drops

Transform your favorite serum, moisturizer, or even foundation into a sun-protective powerhouse with a few drops of this innovate sunscreen by the Düsseldorf-based physician Dr. Barbara Sturm. A proprietary blend of Cassia Extract, Vitamin E, and Beta-Glucan helps repair sun-damaged skin cells, while protecting healthy ones.

sweat
FOR ACTIVE BEAUTY
1 TWIST-BRUSH
MINERAL FOUNDATION SPF 30
WATER RESISTANT · 80 MIN
NET WT 0.09 OZ ℮ 2.7 g
sweat
sweat

Sweat Cosmetics is a high-performance makeup brand developed and tested by professional and Olympic...
[+] SWEAT COSMETICS

Sweat Cosmetics Mineral Foundation SPF 30 + Twist-Brush

Developed by professional and Olympic female athletes, Sweat Cosmetics was created with active women in mind. This brush-on product is where makeup, skincare, and sunscreen converge. The coverage is totally natural. Vitamin E and milk thistle are potent antioxidants. Because it incorporates zinc oxide, a physical sunblock, you can brush and go, and remain protected against water and sweat for a full 40 minutes.

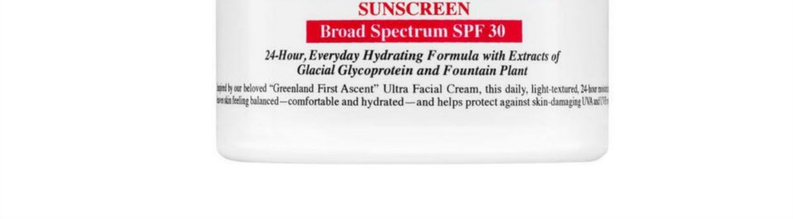
sunforgettable
by colorescience
tint
du soleil
BROAD SPECTRUM
SPF 30
SUNSCREEN
WATER RESISTANT (40 MINUTES)

Colorescience's Tint du Soleil combines a full-coverage foundation with an SPF of 30. COLORESCIENCE

Colorescience Tint du Soleil SPF 30 UV Protective Foundation

If you're someone who prefers a more polished appearance during the day, this is for you. You'll be shielded against the sun's damaging rays, and you'll receive full, yet natural looking coverage. The creamy formula imparts a dewy finish, which lasts from morning to night. (Pro tip: tap gently around the eyes – an area oft neglected by even the most diligent sunscreen wearers – to help even out skin tone.)

SINCE KIEHL'S 1851
ULTRA FACIAL CREAM


SUNSCREEN
Broad Spectrum SPF 30
24-Hour, Everyday Hydrating Formula with Extracts of Glacial Glycoprotein and Fountain Plant

Kiehl's Ultra Facial Cream SPF 30 is terrific on normal to oily skin types. KIEHL'S

Kiehl's Ultra Facial Cream SPF 30

The beloved brand's original Ultra Facial Cream has been adored by beauty aficionados since the 1970s, and for good reason. Antarcticine, a marine protein sourced from Antarctica's glaciers, is a powerhouse ingredient that helps boosts collagen production and increase elasticity. The only way to improve on such a classic cream? By adding SPF, naturally.

IpKn
SEoUL - NEW YoRK
Big apple
SUN CREAM
With Apple Extract
Sunscreen
SPF 50
1.35 fl oz
40ml

IPKN's Big Apple Sun Cream SPF 50 harnesses the skin-healthy benefits of the sweet fruit. IPKN

IPKN Big Apple Sun Cream SPF 50

Don't be fooled by the adorable packaging, because there's little this multitasker from the hip Korean brand IPKN doesn't do. Infused with apple water extract, this cream evens out skin tone, controls excess oil – making it a lovely makeup base – and calms even the most sensitive complexions. The subtle fruity scent makes it even more dreamy to use.

bareMinerals
COMPLEXION RESCUE
TINTED HYDRATING GEL CREAM
BROAD SPECTRUM SPF 30

This product combines healthy, sheer coverage with skin-healthy botanicals and SPF 30. BAREMINERALS

bareMinerals Complexion Rescue Tinted Hydrating Gel Cream

The name says it all. And if color matching is important to you, you'll love that you can pick from 16 shades. The texture is incredibly lightweight, and the formula absorbs in a snap. Though the coverage is sheer, it's buildable – so set that concealer aside. Squalane, marine-derived botanicals, and humectants help even the thirstiest complexions stay hydrated all day long.