

GIVEBIE

Lifestyle

What's Hot Now

3 Things You Didn't Know About Sunscreen



It's one of dermatologist's favorite things to preach: wear sunscreen. Wear it when you go out in the sun. Wear it even when it's cloudy. Just wear it! But are you choosing the right sunscreen? Dermatologist Rebecca Kazin, MD, FAAD, associate director at the Washington Institute of Dermatologic Laser Surgery weighs in on what you need to know before you buy and apply:

Myth: You always need to apply sunscreen before going out

Fact: Some sunscreens work immediately

There's the thought that you should always slather on SPF a full 20 minutes before sun exposure, because that's the time it takes to start working. That's true for chemical sunscreens (like those with avobenzone or oxybenzone) because these use a chemical reaction to dissipate UV light. However, physical blocking sunscreens (like zinc oxide and titanium dioxide formulas) sit on the top of the skin and deflect UV light, so they start working immediately.

Myth: Sunscreen makes me breakout

Fact: Some are less likely to clog pores

Physical blocking SPF's tend to be less irritating, and that can lead to fewer breakouts. Dr. Kazin particularly recommends these for patients with sensitive skin or rosacea. If you have acne-prone or oily skin, go for a powder sunscreen.

Myth: If you have dry skin, you can use any sunscreen

Fact: You might find physical blockers to be too chalky for your skin and be bothered by the white residue they leave behind. Go for a chemical sunscreen instead, as these will be easier to apply.



Here are Dr. Kazin's Top SPF Picks:

Best chemical sunscreen: Revision Skincare Intellishade, a broad-spectrum anti-aging tinted moisturizer.

Best physical blocking sunscreen: EltaMD UV Physical Broad-Spectrum SPF 41, which is lightly tinted, oil-free, and water-resistant, and SkinCeuticals Physical Matte UV Defense SPF 50, an oil-absorbing, matte formula that hides sweaty skin.

Best anti-aging sunscreen: Journee Riche from Neocutis combines antioxidants and broad-spectrum protection to minimize fine lines and wrinkles while offering top-notch protection.