

"Screen" your sunscreen

*The higher the SPF, the better the sunscreen. **Let's start with busting this myth** and focus on other factors that need focus when choosing the correct sunscreen. The right sunscreen is key to protecting your skin against harmful ultraviolet rays, which cause skin burns, suntan, wrinkles and skin cancers.*

Decode the sun protection factor

SPF is a time measure of protection against UV-B rays, which are responsible for mainly skin burn and skin cancer. For example, SPF 30 protects your skin for around three hours and is ideal for daily use. However, you might need a higher SPF for a full day at the beach.

Protect against UVA

UV-A rays are a major cause of tanning and long term skin damage such as premature wrinkling. Often neglected, the PA score indicates protection against UV-A rays which are responsible for excessive tanning of the skin. It is displayed as +/* just below SPF. Go for at least a +++/** one. A "Broad Spectrum" label on your sunscreen meets this criterion.

Choose the right form

lotion/cream/gel cream/spray. Lotions are great over the body while creams are good over the face. Individuals with acne prone skin should use non-greasy gel creams. Sprays are very convenient to apply while outdoors for a daylong trek or beach trip.

Do not avoid, match!

Major excuses for avoiding sunscreen - its greasy or white cast look or it is balling out after applying makeup on it. Choosing a sunscreen with correct consistency and skin tone that match your skin can help you fix this. For example, BB creams with the correct SPF are available in a variety of shades to match your skin tone.

Expect more

Individuals with acne prone skin or very sensitive skin should look for labels such as "noncomedogenic" or "for sensitive skin". If your activity involves contact with water, look for "water resistant". There are special sunscreens made for children.

Correct application = maximum protection.

How much? One teaspoon for face and neck together, arms, legs and back.

When? After moisturizing and before makeup, 20 minutes before sun exposure.

How often? Every three hours or immediately after swimming or excessive sweating.

How? Gently as a layer of optimal thickness; no vigorous rubbing.

Where? On all exposed parts.