



## How to Apply Sunscreen

### OUR TOP TIPS:



#### Put Sunscreen on Before Heading Outside

Did you know that mineral sunscreens work right away? Yup! I still recommend applying before heading out to ensure you're properly covered.



#### Moisturize your Skin Prior to Applying Sunscreen

With the dermal layer a little more moisturized, it allows our sunscreen to spread readily into the skin, lessening the whitening effect.



#### Make Sure You've Used Enough

Being liberal with your sunscreen application is better than using the "less is more" concept.



#### Apply in Layers

Begin with a pea to dime-sized amount of sunscreen and rub it evenly into the skin then apply more as needed until you are completely covered.



#### Apply Often... Don't Wait Till You've Turned Red

A good rule of thumb is to aim to apply every two hours or every 40-80 minutes after swimming, sweating, drying off and brushing up against other things including clothes.

