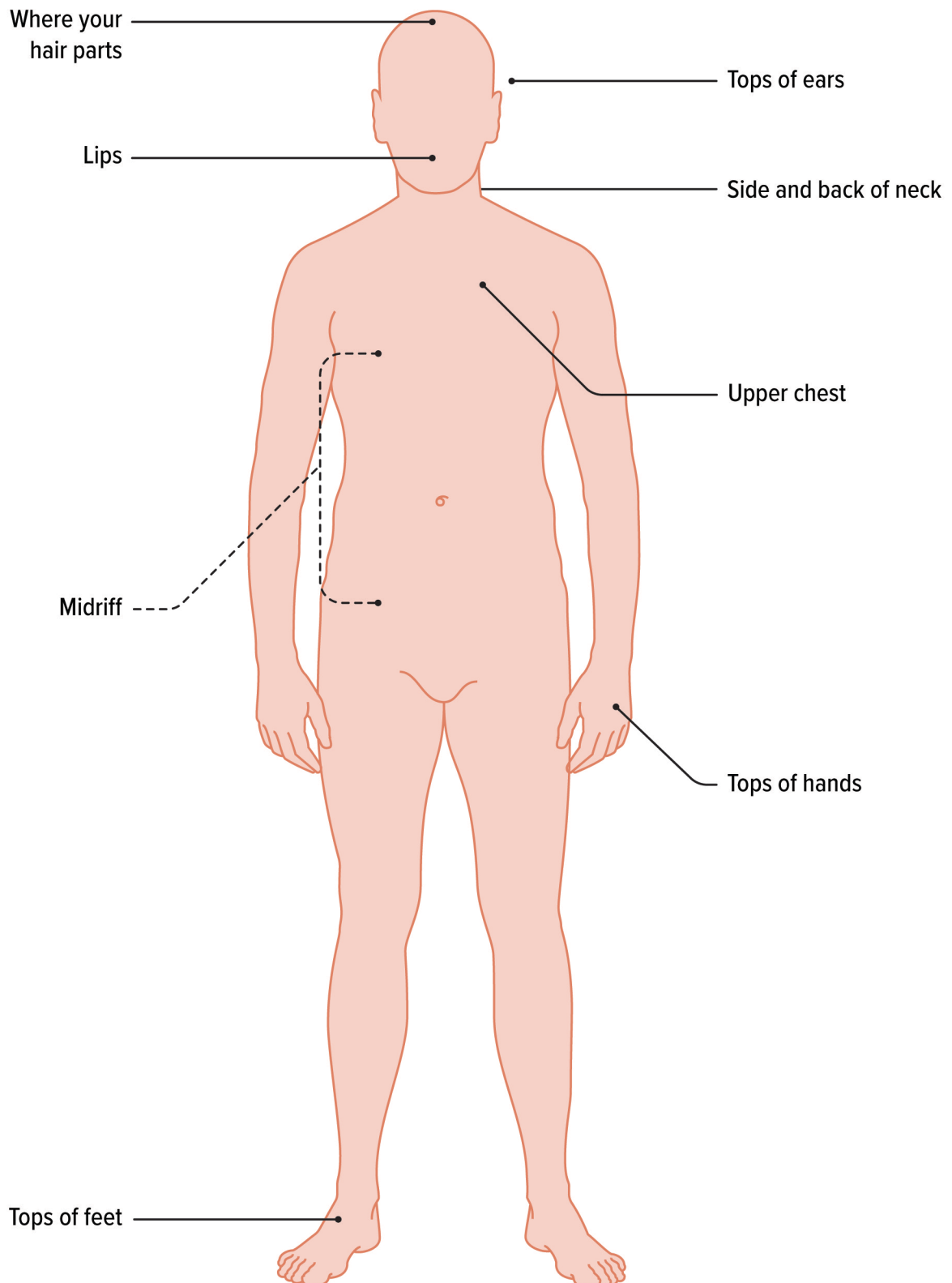


8 Areas Easily Missed with Sunscreen



Tips to Use Sunscreen Effectively



Apply it every day: Whether you have a darker or lighter skin tone, it's important to apply sunscreen to your face and body daily. If you're spending a lot of time outside, it's generally best to reapply every 2 hours.



Use enough: You need about a shot glass (1 ounce) worth for your body and 1/4 teaspoon for your face and neck.



Opt for broad-spectrum SPF 30+: Broad-spectrum sunscreen blocks both UVA and UVB rays. SPF 50 is often considered ideal. Anything higher than SPF 60 only offers marginally more protection.



Be wary of waterproof labels: That said, it may offer better protection for water activities. You'll need to reapply more often if you spend time in the water.



Check the expiration date: Expired sunscreen is better than none. But try to avoid using expired sunscreen if possible. If your sunscreen doesn't have an expiration date, it should be good for 3 years from when you bought it.



Store it properly: This means keeping the sunscreen at room temperature, out of direct sunlight, away from moisture, and closed after each use.