

Skin Sense

facts from the experts

Sunscreen Guidelines

(NAPSA)—Protecting your skin may be easier with some guidelines from dermatologist Dr. Craig Eichler:

- Pre-apply sunscreen at least 20 minutes before sun exposure so it has time to absorb.
- Reapply every 80 minutes and after swimming or sweating.
- If you wear insect repellent or makeup, apply sunscreen first.
- Be generous. It takes at least one ounce of sunscreen to cover the arms, legs, neck and face.



Reapply sunscreen every 80 minutes, even if it says it is waterproof. Make sure you use enough to cover yourself.

- Choose products with an effective, broad-spectrum sun-blocking ingredient such as Parsol 1789 and a minimum of SPF 15.

- Check expiration dates. Exposure to extreme temperatures can shorten sunscreen's life.

- If cream sunscreens feel too heavy, try a gel or spray, such as PreSun Gel, which has a light feel, or new PreSun Spray, which is light and quick to apply.

- A wet T-shirt only provides SPF 4 protection, so apply sunscreen under clothes. For more information, visit www.presun.com.