

Sun and skin

Sunscreens work by providing a protective layer between the sun's potentially harmful ultraviolet (UV) radiation and your skin. Everyone needs sunscreen and use of sunscreen can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays.

Dermatologist recommends everyone uses sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 30 or higher
- Water resistant

Which sunscreen to use?

Acne-prone skin: Look for the words acne prone skin or "non-comedogenic" or "won't clog pores".

Children: Use a sunscreen made for children. Most contain zinc oxide and titanium dioxide.

Dry skin: Look for "moisturising" sunscreen.

Rosacea: Use a sunscreen that contains only zinc oxide and titanium dioxide.

Sensitive skin: Avoid products with fragrance, parabens, or oxybenzone

Two main types of sunscreen

Physical sunscreen, create a physical barrier between your skin and sun. It uses mineral ingredient like titanium dioxide or zinc oxide, which mainly works by sitting on top of the skin to deflect and scatter damaging UVA rays away from the skin.

Chemical sunscreen: Chemical sunscreen penetrate the epidermis and dermis. Organic filters absorb harmful UV radiation before they penetrate dermis.

SPF in moisturiser are good if you are spending few minutes here and there in the sun. If you are doing outdoor sports, swimming outdoor, or on beach etc you need to use a sunscreen with high SPF.