

Sunscreens

Look for the following:

- Minimum SPF 30+ (higher SPF for lighter skin)
- Mineral sunscreens are safer for environment and health: titanium dioxide, zinc oxide
- Apply DAILY (regardless of rain, season) to all sun-exposed areas including FACE, EARS, NECK, and HANDS
- Re-apply every 2 hours if sun-exposed for extended periods of time

For Light to Medium Skin Tones (FACE):

- Neutrogena Healthy Defense daily moisturizer with sunscreen SPF 50
- Neutrogena sensitive skin face liquid SPF 50
- La Roche-Posay Anthelios Mineral Ultra Light Sunscreen Fluid SPF 50 (tinted, untinted)
- eltaMD UV Pure SPF 47
- eltaMD UV Clear SPF 46*
- TIZO₂ SPF 40
- Revision Intellishade TruPhysical SPF 45 (tinted)

(BODY)

- Aveeno Positively Mineral SPF 50
- Neutrogena Sheer Zinc SPF 50
- Neutrogena Ultra Sheer Dry Touch SPF 30-100*

For Darker Skin Tones:

- Black Girl Sunscreen SPF 30*
- Neutrogena Ultra Sheer Face Mist SPF 55*
- Aveeno Positively Radiant SPF 30*
- Supergoop! Unseen Sunscreen SPF 40*
- Supergoop! Everyday Play SPF 50* (face/body)
- SkinMedica Total Defense + Repair SPF 34*
*contains non-mineral ingredients

For Melasma Patients:

- Avene Haute Protection SPF 50 (tinted compact) with iron oxide

Dr. So Yeon Paek
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www.drpaek.com