



SUNSCREEN BIBLE
The Definitive Sun Protection Manual



Aaah... Sitting under the summer sun, watching the clouds go by. Though none of us would dispute that the sun is one of nature's most effective mood enhancers, the sun does have a dark side.

A yearning for that bronzed glow not only puts you at risk for sunburn, but also can make you look older. In fact, many experts blame unprotected sun exposure for more than 80 – 90% of skin aging! More detrimental to your health than sunburn, wrinkles, blemishes and saggy skin however, exposure to the sun's UVA and UVB rays can ultimately result in some types of skin cancers.

Nobody will deny the benefits of sunlight – in addition to enhancing mood, it's essential for the production of Vitamin D, necessary for your optimal wellbeing. But you need to know how to protect yourself.

This handbook provides tips and tools that will allow you to get the best of the sun, while protecting you and your family from its damaging effects.

From SPF and UV rays, Vitamin C and Vitamin D as well as sunburn and wrinkles, find out how to be SUNSMART. Because you can get too much of a good thing.

Sunshine is essential for all humans to maintain general health and well-being. However, excessive unprotected exposure can prove hazardous to your health. For most of us, spending time outdoors under the sun's warming rays is a very pleasant thought. Who can deny the enjoyment of a day at the beach, a barbecue with friends or enjoying your favorite sport – skiing, beach volleyball, cycling. We'd all agree that exposure to the sun's Ultraviolet Rays (UV Rays) for the most part, is unavoidable.

Excessive exposure to UV rays over a prolonged period of time may result in serious damage to your skin. Referred to as photo damage or photo aging, (sun induced) the results may be acute (one time serious effect such as sunburn) or more slow and gradual as you age. This slow or chronic photo damage may eventually result in cosmetic transformations like wrinkles or uneven pigmentation or more serious consequences like skin cancer.

Fact: There is strong evidence that UV rays are the main cause of a majority of changes that occur on the skin layers.

Your skin has its own mechanisms of protecting itself from the sun's harmful rays. Melanin, or your skin's pigment, has the ability to absorb UV rays, thereby protecting skin from its detrimental effects. And while darker skinned individuals are able to tolerate more sun than those with fairer complexions, they are not immune to harm from the sun.

In general, sunlight has three types of UV rays to be concerned about when it comes to skin care – UVA, UVB and UVC rays:

UVC or Short Wave Rays: These rays measure between 280 nanometers (nm) and 100 nm and never reach the earth's surface because they are absorbed by ozone layers on top of the earth's surface.

UVB or Medium Wave Rays: These rays measure between 315 nm and 280 nm. They show their maximum intensity during the summer months and may cause sunburns as well as contribute to some types of skin cancers. UVB rays stimulate the production of melanin, which results in a tan (as well as some undesirable pigmentation effects). UVB rays remain primarily at the epidermal (top layer) level.

As little as 10 years ago, skin care specialists were only concerned with protecting skin from UVB rays, before the detrimental effects of UVA rays became more widely known.

UVA or Long Wave Rays: These rays measure between 400 nm and 315 nm and may be divided in two types – UVA short (320 – 340 nm; UVA-II) and UVA long (340-400 nm; UVA-I).

They are prevalent every day, year round and are as strong at sunrise as sunset, even during the winter and on cloudy days. They can penetrate through glass and are responsible for much of skin aging. Over the long term

they can lead to skin cancer. UVA rays penetrate deeper than UVB rays, into the dermis (base layer) of skin where connective tissue and blood vessels are. This can result in a loss elasticity, which causes skin to sag, wrinkle, and age prematurely.

As recently as the 1980's, experts considered UVA rays as safe and healthy for humans. However, later research conducted in later 1980's suggested and confirmed that these rays actually do more damage to the skin than UVB rays.

Fact: The strength and potency of UVA rays remains almost the same throughout the year, winter or summer. These rays can even penetrate things like glass, hats and scarves to strike skin layers. UVA rays cause skin to age prematurely.

How do UVA rays act on your body?

Exposure to UVA rays penetrates to the dermis or base layer of skin. It can impair melanin production and cause irreparable damage to the skin's elasticity. UVA rays also cause collagen (forms the skin's supporting framework) and elastin (gives skin elasticity) shrinkage, which will eventually lead to skin drooping and sagging.

UVA and UVB Rays, A Summary:

UVA rays (responsible primarily for Aging):

- Pass through transparent and translucent surfaces like tinted glass, clear glass and windowpanes.
- The effect is the same irrespective of altitude and season.
- Exist throughout the year on all days and months
- Have the ability to penetrate deep under the skin layers.
- Are the most harmful UV rays to skin.
- Are almost 20 times more abundant and frequent than UVB rays.
- Can result in extensive damage to skin causing premature ageing.
- Stimulates melanin (pigment) production that fades within 24 hours.

UVB rays (responsible primarily for Burning):

- Not as dangerous or detrimental as UVA rays
- Occur mainly during the hotter summer months.
- Can cause sunburn, blistering.
- Helpful in the synthesis of Vitamin D
- Intensity varies with season, altitude and environmental conditions.
- Stronger during midday than the evenings.
- Severe in the higher altitude regions and in areas near the equator.
- May lead to development of cataracts.
- Stimulates melanin production that is relatively long lasting.

Both UVA and UVB rays can lead to the onset of skin cancer, whether malignant or benign in nature. UV rays can also lead to other disorders of the skin, such as actinic keratoses, solar lentigines (age or liver spots), and melasma.

Excessive sunbathing and sun tanning may also lead to marked weakening and slowing down of the immune system. Immune systems weaken because UV radiation can significantly alter the distribution, location, working and basic functioning of white blood cell mass in humans. Excessive sun bathing can bring about severe damage to the immune system and circulatory system.

Fact: UVA rays tend to penetrate deeper than UVB rays as they have longer wave lengths than do UVB rays. The result is a loss of skin elasticity and suppleness, leading to premature and hastened aging of the skin.

Practicing Sun Safety

Though we can discuss how to select the best sunscreen and apply it correctly, nothing beats being smart in the sun than the use of common sense. Sunscreen should not be used as an excuse to extend your tanning time – there's no such thing as a safe tan. Play in the sun safely so that you and your family can enjoy the benefits of the sun for years to come.

Most healthcare professionals will agree with the following:

1. Enjoy the sun in the early morning and late afternoon when UVB rays are less intense. Avoid exposing yourself unnecessarily between the hours of 10 am and 4 pm, when UVB rays are most prevalent.
2. Seek shade wherever possible.
3. Wear protective clothing if you can. A hat and sunglasses afford additional protection. Eyes are also at risk for sun damage.
4. Avoid tanning beds which emit primarily UVA rays, the ones associated with deeper more lasting skin damage such as premature aging. Don't fall for advertisements that claim a base tan will protect you. Tans only afford SPF protection of between 2 and 4.
5. Apply sunscreen liberally and reapply frequently, especially if you sweat or are exposed to water.

Sunscreen – A Brief History

Though every good skin care specialist would argue that a well formulated sunscreen is essential to any beauty routine, the most important skin care product, sunscreens are a fairly recent phenomenon.

It's believed that a chemist named Franz Greiter developed the first effective sunscreen in 1938. Called Gletscher Crème (Glacier Cream), some sources believe that it had a sun protection factor (SPF) of 2.

It wasn't until 1944, that individuals started using sunscreen more widely. Invented by Benjamin Greene, an airman and later a pharmacist, Red Vet Pet (for red veterinary petrolatum), was a physical blocker of UV rays with limited effectiveness. A red, sticky substance similar to petroleum jelly, it's surprising that anyone actually used it. Developed during the height of World War II, the hazards of sun overexposure were becoming apparent to soldiers in the Pacific and to their families at home.

In the 1950s, zinc oxide, a broad spectrum (meaning it blocks both UVA and UVB rays) came into use. Zinc oxide was initially thick, white and delivered a ghostly white cast. Followed by titanium dioxide, zinc oxide and titanium dioxide are now micronized into tiny particles, which makes them effective sun filters that are nearly transparent on skin as well.

A number of other sun filters have been developed over the years. Some of the more widely known ones include Parsol 1789 (Avobenzene), Octinoxate, Octyl methoxycinnamate, Homosalate, Mexoryl SX, Mexoryl XL and Tinosorb M and Tinosorb S. All offer varying degrees of UVA and UVB protection.

Is Your Sunscreen Effective?

Most sunscreen users are familiar with the concept of Sun Protection Factor (SPF). This measurement of UVB protection may be credited to Franz Greiter who introduced it in 1962. Since then it has become a worldwide standard for measuring the effectiveness of a sunscreen against UVB rays.

While an SPF rating is important in determining whether a sunscreen is effective, that's only part of the story because we now know that in addition to UVB rays, that UVA rays also contribute to detrimental side effects.

More on SPF

The SPF of a sunscreen is a number that lets you know how long you can safely expose yourself to the sun without burning occurring from the UVB rays.

- In order to determine an SPF that you will require for your time under the sun, figure out how long it would take for you to burn without any protection.
- Now multiply that time by the SPF factor of the product you choose. Let's assume that you start to burn after 20 minutes in the sun and that you select a product with an SPF factor of 10.
- Multiply the SPF number with the time it takes you to burn. This will give you the amount of time that you can safely stay in the sun without burning. In this example, you'd be safe for 200 minutes (20 minutes X SPF 10 = 200).
- SPF is also dependent on how liberally you apply your sunscreen. If you apply a scanty coat, your SPF protection may be less than indicated on the product. In fact, a recent study suggests that most of us only apply enough sunscreen to give us between 20 and 50% of the SPF protection stated on the bottle. So if you're not apply properly with an SPF 60 product, you may only be getting an SPF of between 12 and 30. An SPF 15 product may only be delivering between SPF 3 and 7.5!

Most skin care experts agree that one should use a broad spectrum UVA/UVB blocking sunscreen with a minimum of SPF 15 protection every day, year round. Given that most of us just don't use enough sunscreen, you may be wise to strive for SPF 30.

UVA Ratings

Similar to the SPF system the Persistent Pigment Darkening Method (PPD) is used in Europe to measure the UVA protection provided by a sunscreen. A product with a PPD rating of 10 and above will provide you 10 times more protection from UVA rays than without using any sunscreen.

In North America, however, there is still no standard system for measuring the effectiveness of a sunscreen's protection against UVA rays. The FDA is expected to introduce a 1 to 4 star rating system that will gauge a sunscreen's ability to protect against UVA rays. This system is expected to go into effect in 2009.

Sunscreen Ingredients- Basic Information

Sun filters tend to be categorized in one of two ways – physical or chemical.

Chemical sun filters are absorbed by your skin and work by rendering sunlight that strikes your skin harmless. Physical sun filters, on the other hand, rest on your skin's surface and are not absorbed. They work by deflecting UV rays away from your skin.

Though you may hear sun protection products being referred to as either sunscreens or sunblocks, the terms are often used interchangeably. The term sunblock can be misleading; contrary to what a manufacturer may claim, no product on the market can effectively block 100% of UV rays.

Commonly used UVA blocking filters (P = physical; C = chemical):

- Avobenzone (C)
- Parsol (C)
- Mexoryl SX (Ecamsule) (C)
- Mexoryl XL (C)
- Tinosorb M (C)
- Tinosorb S (C)
- Oxybenzone (C)
- Titanium Dioxide (P)
- Zinc oxide (P)

Commonly used UVB blocking filters:

- Octyl methoxycinnamate (C)
- Aminobenzoic acid (C)
- Padimate O (C)
- Oxybenzone (C)
- Para-aminobenzoic acid (PABA) (C)
- Titanium Dioxide (P)
- Zinc oxide (P)

Widely Used Sun Filters: An Overview

Though there are many to choose from, it is essential that you always select a product that contains filters that will protect you against both UVA **and** UVB rays. Become familiar with the ingredients and read labels. Sunscreens are not created equally!

In general, you are looking for ingredients or a combination of ingredients that will deliver protection against the entire UVA and UVB spectrum, wavelengths between 290 and 400 nm. In addition, the ingredients must be photostable or able to withstand their integrity when exposed to sunlight. Many sun filters degrade when exposed to sunlight.

Here is additional information on some of the more widely used sun filters.

Titanium dioxide: Titanium dioxide is a very fine white pigmented powder. It works by effectively reflecting and scattering UVB and some UVA rays. One of the main considerations with the use of titanium dioxide is that it can appear white on the skin. Newer technology allows it to be broken down into smaller particles (micronized particles) and formulated into products which are invisible on the skin.

Zinc Oxide: (protects at 300 – 400 nm wavelengths) One of the oldest known skin protectors and a wound healing agent, zinc dioxide acts to effectively block against both UVA and UVB rays.

Similar to titanium dioxide, zinc oxide offers protection against some UVB rays, but greater protection against UVA rays, especially at longer wavelengths (300 – 400 nm). Zinc oxide and titanium dioxide combined together complement one another with zinc oxide offering UVA protection beyond what titanium dioxide is able to deliver.

Parsol 1789 (Avobenzone): Protects through the UVA range and is considered an effective UVA blocker. Avobenzone offers little in the way of UVB protection so must be combined with UVB filters such as zinc oxide or titanium dioxide. Avobenzone is also highly photo unstable (degrades upon exposure to sunlight), which is problematic for a sunscreen. Formulations containing Avobenzone must be combined with a stabilizing ingredient such as Octocrylene.

Mexoryl SX (Ecamsule): A very effective UVA blocker at shorter to medium wavelengths, Mexoryl SX is often combined with other sun filters to deliver broad spectrum UVA/UVB protection. It is highly photostable (doesn't degrade upon exposure to sunlight) and considered safe since it has little absorption into the skin. Though used widely throughout Europe and Canada since the early 1990s, the FDA only approved its use in 2006.

Mexoryl XL: Another effective UVA blocker, Mexoryl XL offers a broader range of coverage against the UVA spectrum than does Mexoryl SX. In addition to protecting against short and long UVA wavelengths, Mexoryl XL also delivers some UVB protection. In some products, Mexoryl XL is combined with Mexoryl SX to obtain a synergistic effect. The end result is a product that delivers exceptional UVA protection.

When these two chemicals (Mexoryl SX and Mexoryl XL) are combined with effective UVB filters as in the [Anthelios](#) range of sunscreens, they really do deliver. As with Mexoryl SX, Mexoryl XL is also photostable.

Tinosorb S: A unique UVA filter which works to both scatter UV rays as well as absorb them. Tinosorb S offers good UVB protection plus UVA protection at shorter to medium wavelengths.

Tinosorb M: Like Tinosorb S, Tinosorb M both scatters UV rays as well as absorbs them. It offers protection against the full UVA and UVB spectrum and is photostable.

Tinosorb M and Tinosorb S are often combined together to deliver optimal sun filtering capability. This combination may be found in the [Photoderm Max](#) range of sunscreens by Bioderma.

Antioxidants – Sunscreen Boosters?

Effective sun filtering agents offer us our first defense in protecting skin from the adverse effects of UVB and UVA rays. But sunscreens may also contain ingredients that protect in other ways than sun filters. Often referred to as cell protectants, antioxidants act to prevent damage to cells either directly or indirectly.

In addition to pigmentation changes such as tanning and burning, exposure to the sun may result in free radical cell damage. The production of free radicals (unstable molecules, which ultimately result in cell damage) can cause cellular damage by destroying the lipid membrane and degrading DNA in cells.

Cell protectants are added to sunscreens and help to enhance their efficacy. Some of the more commonly used cell protectants include:

Vitamin E: Vitamin E is often included in sunscreens as tocopheryl acetate or tocopheryl linoleate to release tocopherol (the active form of Vitamin E). Tocopherol is an antioxidant which helps to protect our cells by stopping the chain reaction effect that free radicals generate before they can destroy cell membranes. One disadvantage of Vitamin E is that it can be depleted rapidly. Its action is enhanced by the addition of substances such as Vitamin C.

Vitamin C: Also known as ascorbic acid, Vitamin C is a highly effective antioxidant. It is often used in sunscreens to help regenerate Vitamin E. The ascorbyl palmitate form of Vitamin C, topically applied, has also been shown to offer some protection against UVB burns, and has demonstrated anti-inflammatory activity. Vitamin C is often combined with Vitamin E to deliver greater protection against cells from UV rays than either antioxidant used alone. Vitamin C has also demonstrated protection against both UVA and UVB skin damage.

Beta-Carotene (B-Carotene): A precursor of Vitamin A, Beta Carotene helps to prevent free radical damage. There is also evidence to suggest that it helps to inhibit skin cancer promoted by exposure to UV rays.

Other Antioxidants: Ingredients including green tea extract, pycnogenol and grape extract contain compounds such as polyphenols and proanthocyanidins which are antioxidants that fight free radical damage as well as boost the protective qualities of tocopherol (Vitamin E) and Vitamin C.

"Waterproof" or "Water-resistant" sunscreen?

Though most of us wouldn't think about spending a day at the beach without sunscreen, the thought of reapply throughout the day may seem daunting, especially if small children are in tow. So the lure of a "waterproof" formula is tough to resist. Sad fact though, is that waterproof doesn't really mean waterproof; at least not in the way we might assume waterproof to mean.

Since 2002, FDA regulations have required companies to eliminate the use of the word "waterproof" when referring to sunscreens because it is misleading. However, you'll still come across sunscreens labeled as waterproof so be armed with the knowledge of what you are buying.

Advances in research allow us to formulate sunscreens that adhere well to your skin. However, regardless of the claims, you will have to reapply if you're sweating heavily or doing activity in the water. Technically speaking, "waterproof" sunscreen should provide protection in the water for 80 minutes. "Water resistant", on the other hand provides only 40 minutes of protection. Today, the label 'very water-resistant' has replaced the term 'waterproof' for the most part. This means that a "very water-resistant" sunscreen should be reapplied after 80 minutes if you've been sweating or swimming.

You'll find that both [Ombrelle](#) and [Anthelios](#) (Mexoryl based sunscreen lines) formulate a range of water resistant and/or waterproof sunscreens.

How to Apply Sunscreen The Right Way

1. Wherever possible opt for a sunscreen with a minimum SPF of 30. Because most of us don't apply as much sunscreen as tested in laboratory conditions, we don't get the coverage we think we're getting. Go high wherever possible and especially if you have a fair complexion.
2. Look for a broad spectrum, UVA and UVB protection sunscreen. SPF rating only relates to protection against UVB rays. Make sure that the product you're selecting also holds against UVA rays.
3. Look for photostable ingredients such as zinc oxide, titanium dioxide, Mexoryl SX, Mexoryl XL, Tinosorb M and Tinosorb S. Avobenzone must be stabilized with an ingredient such as Octocrylene.
4. Apply liberally and reapply regularly.
 - a. For chemical sunscreens, apply 20 to 30 minutes prior to sun exposure so that the ingredients have a chance to be absorbed. For physical blockers this isn't as important since they work by sitting on top of your skin.
 - b. If you are swimming, the sunscreen may only last 20 to 30 minutes so reapply as soon as you get out of the water.
 - c. If you are golfing, reapply at the 9th hole
 - d. Rule of thumb – a 100 ml tube (about 3.5 oz) if applied correctly should last for about 4 applications over your entire body.
5. Antioxidants such as Vitamin C, Vitamin E (tocopherols), green tea, grape extract are all desirable additives in boosting a sunscreen's effectiveness. If your sunscreen doesn't contain these ingredients, then consider applying it in the form of a serum, cream or moisturizer.
6. Don't forget your lips. Lips are particularly prone to burning and dryness due to sun exposure. Look for the highest UVA/UVB protection formula. Added emollients can provide additional moisture. [Anthelios Lip Stick SPF 50+](#) is a great choice.

The Vitamin D Conundrum

If you've been following the news lately you've probably read about the recent flurry of research suggesting that adequate levels of Vitamin D may play a part in reducing cancer risk, especially for colon, breast and prostate cancers. It could also reduce your risk for Type 2 diabetes and potentially help build a healthy immune system. These findings have come out in recent studies, which is one reason why vitamin D is such a hot topic right now.

Also known as the "sunshine vitamin", vitamin D is actually a key regulatory hormone for calcium and bone metabolism. We've known for a long time that adequate vitamin D is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Our bodies have the capacity to synthesize Vitamin D with the help of exposure to UVB rays. Vitamin D is found in fortified milk and oily fish such as salmon and sardines, but food alone won't provide enough.

Vitamin D is synthesized by exposure to UVB rays, which most people receive adequately during the spring and summer simply by going about their daily activities. And only brief amounts of sun exposure appear to be required to maintain optimal vitamin D levels, probably in the region of a few minutes a day. However, we don't know the exact amount for each individual and UVB rays are greatly diminished over the winter months.

Since the regular use of sunscreen will block UV rays necessary to synthesize Vitamin D, how do you balance the need to protect your skin from the sun's damaging effects with your body's requirement for Vitamin D production to maintain your health?

Research has shown that if you're exposing your arms and legs to the sun for 5 to 10 minutes, you're making 3000 to 5000 IUs of vitamin D. Of course if you use sunscreen regularly or live in most parts of North America and Northern Europe, you'd be more likely to catch a chill than actually manufacture any vitamin D during the winter months (October to March).

In latitudes around 40 degrees north or 40 degrees south (Boston is 42 degrees north), there isn't enough UVB radiation for Vitamin D synthesis to occur from November to early March. Ten degrees farther north (Edmonton, Canada) this extends from mid October to mid March. Many healthcare professionals advise supplementing if you live north of these boundaries. If you are darker skinned or elderly, you may want to consider supplementing year round. Check with your health care provider if you aren't sure.

Which Sunscreen is Right for You?



There are a few sunscreen products that will be useful for everyone – like a good UVA/UVB protecting lip cream or balm. Consider [Anthelios XL SPF 50+ Lip Stick](#) or [Antherpos SPF 50 Lip Cream](#). Also suitable for most skin types is [Anthelios XL Targeted Stick Protection SPF 60](#), which comes in a convenient stick formulation and is suitable for lips, cheeks, ears and other sensitive body parts.

Recommendations that follow are all broad spectrum UVA/UVB sunscreens that are photostable (so they will retain their activity when exposed to sunlight)

Visit this [Anthelios sunscreen](#) page or the [Mexoryl sunscreen](#) page for the full line of Anthelios sunscreens with Mexoryl from La Roche Posay.

To receive skin care tips and advice about choosing the right products, as well as special discounts not available on our website, sign up for our newsletter at PharmacyMix.com. It's totally free! [Sign up now.](#)

Children

Sunscreens for children should stay on and be designed for their delicate skin. In addition, look for formulations that are water resistant and won't run into eyes. Sprays may be an easy and fun way to go.

A chemical free blocker is also a consideration.

[Anthelios Dermo Pediatrics Lotion SPF 50](#) (face/body)

[Ambre Solaire Sunscreens with Mexoryl:](#)

- [Kids Color Control Milk SPF 40](#)
- [Kids Spray SPF 50+](#)
- [Kids Milk Total Protection 50+](#)

[Vichy Capital Soleil SPF 30 Kids Spray](#)

Chemical free/physical blocker - [Total Block SPF 58](#) (face/body)

Top Pick

[Anthelios Dermo Pediatrics Spray SPF 50](#) (face/body)

Multi resistant to sweat, water, sand. Convenient application.



Sports – Face and Body

You may find yourself in intense situations – high temperatures, intense sunlight, water or high altitudes. Look for high SPF, water resistant formulations with staying power. Men may find sprays easier to apply.

[Anthelios SPF 40 Spray](#) (face/body)

[Anthelios SPF 50 Spray](#) (face/body)

[Anthelios SPF 30 Spray](#) (face/body)

[Anthelios S SPF 30 Cream](#) (face/body)

[Anthelios Lait SPF 50+](#) (face/body)

[Ombrelle Sport SPF 30](#)

[Anthelios Dermo Pediatrics Spray SPF 50](#)

[Anthelios Dermo Pediatrics Lotion SPF 50+](#)

Top Pick

[Anthelios W SPF 40 Gel](#) (face/body)

Highly water resistant formulation that holds up well to any activity. Goes on clear.



Sensitive Skin

If you have sensitive skin, you may have to try several formulations before finding one that agrees with your skin. Get to know which ingredients irritate your skin and stay away from them in skin care products.

[Vichy Capital Soleil MicroFluid Mat SPF 50+](#)

Top Pick

[Anthelios Fluide Extreme SPF 50+](#)
(face)

This very lightweight lotion is designed for sensitive skin types. Water resistant, non-comedogenic.

**Oily Skin**

Look for lighter, non-occlusive preparations. Creams and even some lotions may be too heavy for you.

[Anthelios Fluide Extreme SPF 50+](#)
(face)

[Vichy Capital Soleil MicroFluid Mat SPF 50+](#)

Top Pick

[Anthelios AC Fluide Extreme SPF 30](#)
(face)

Non-occlusive and non-greasy, this formulation is designed specifically for oily skin prone to breakouts.

Normal/Dry Skin

Normal to dry skin types can tolerate creamier formulations. Depending on your skin type you may wish to either use with or without a moisturizer.

[Anthelios XL SPF 60 Cream](#)
(face/body)

[Anthelios XL SPF 45 Cream](#)
(face/body)

[Ombrelle Face Cream SPF 30](#) (face)

[Ombrelle Face Cream SPF 45](#) (face)

[Ombrelle Face Cream SPF 60](#) (face)

[Anthelios Fluide Extreme SPF 50+](#)
(face)

[Vichy Capital Soleil Microfluid Mat SPF 50+](#) (face)

Top Pick

[Anthelios Crème SPF 50+](#) (face)

This melt-in formula provides some moisture to dry/normal skin types. Not greasy, water-resistant.

**Body Sunscreens**

These sunscreens may be used on both face or body and will be fine for most individuals.

[Ombrelle SPF 60 Cream](#) (face/body)

[Ombrelle SPF 60 Lait](#) (face/body)

[Anthelios XL SPF 45 Cream](#)
face/body)

[Anthelios Fluide Extreme SPF 50+](#)
(body)

[Anthelios W SPF 40 Gel](#) (face/body)



[Anthelios Lait SPF 50+](#) (face/body)

Top Pick

[Anthelios XL SPF 60 Cream](#)
(face/body)

This all purpose cream can be used on both face as well as the body.



<p>Moisturizer with SPF Protection</p> <p>Suitable for day wear when you'll be running errands, but not spending much time under the sun, moisturizers with SPF protection are a great time saver</p> <p>Hydraphase XL Riche SPF 15 – dry skin</p> <p>Hydraphase XL Light SPF 15 – normal/combination skin</p>	<p>Top Pick</p> <p>Hydraphase UV SPF 30</p> <p>Suitable for normal to dry skin types, this formulation moisturizes and protects.</p>  <p>pharmacymix.com</p>
<p>Auto Bronzer</p> <p>If you still crave that bronzed glow, do it safely.</p>	<p>Top Pick</p> <p>La Roche Posay Autohelios</p>
<p>Sunscreen Boosters</p> <p>Wear under sunscreen to boost its effectiveness. Studies have shown that Vitamin C fights free radical damage associated with sun exposure.</p> <p>La Roche Posay Active C XL</p> <p>La Roche Posay Redermic XL</p>	<p>Top Pick</p> <p>UltimaSkin Alpha Lipoic Acid Serum</p>  <p>pharmacymix.com</p>

If you'd like to receive skin care tips, advice about choosing the right products for your skin type and special discounts not advertised on our website sign up for our newsletter. It's totally free! [Sign up now.](#)