



## Best Sunscreens For Summer: Stay Safe This Holiday Weekend & Beyond

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**Memorial Day is the official kick-off of summer and that means you've got to protect yourself in the sun! Have fun but stay safe with our top picks and expert tips below!**

You've heard it before but it bears repeating — you need to wear sunscreen! The newest sprays and lotions make applying sunscreen a breeze. Shop our favorites for the season below!

## Best Sunscreen For Summer — Expert Tips On Staying Safe In The Sun



**Jeanine B. Downie**, M.D. is a board-certified dermatologist and the director of her own practice, Image Dermatology P.C. in Montclair, N.J.

"Ears, posterior neck, hands and the tops of feet are the most overlooked places for sun protection," she says, so make sure you pay attention to all parts of your body.

"Use a hypoallergenic, non-comedogenic sun block, like **AVEENO Protect + Hydrate Sunscreen Lotion SPF 50**, underneath your eyes consistently and do not rub your eyes. This alone will decrease dark circles."

And don't forget — you can prevent the dreaded scalp burn!

"I am seeing more scalp skin cancers, many of which can be avoided. Protect your scalp from the sun by applying a spray sunscreen to your hair, on your part, like **NEUTROGENA Beach Defense Sunscreen Spray SPF 70**."

### Protect Yourself This Summer

**Stephen Cohen**, M.D., an optometrist who owns his own private practice in Phoenix, A.Z. tells **HollywoodLifers** how you can protect your sensitive eyes in the sun.

"UV radiation can actually age the eyes in visible ways. Instead of having that nice white, bright appearance to the eyes, your eyes may get a little bit cloudier. Most people aren't aware that contact lenses can have UV protection, not just your sunglasses. **ACUVUE OASYS** blocks greater than 96 percent of UVA rays and greater than 99 percent of UVB rays, meeting the highest UV-blocking standards for contact lenses."

Cosmetic Dermatologist **Dr. Paul Jarrod Frank** offers his tips:

"In order to protect your skin from the sun, you must liberally apply a sunscreen with an SPF of at least 30, one hour before going out into the sun. It is important to make sure that the sunscreen is broad spectrum, and you must be diligent about reapplying it every 1-2 hours throughout the day. A great NEW product to try is the **Yes To Cucumbers Natural Sunscreen SPF 30**. This all-natural sunscreen has SPF 30 Broad Spectrum protection, absorbs easily on the face and body, and provides 40 minutes of water resistance."

Shop our favorite sunscreens in the attached gallery and stay safe this summer!

– **Dory Larrabee**