

how to choose the right SPF and apply it: Sunscreen correctly

and how often to, how much product to use, means++++ what PA, Chemical or mineral filter
.reapply during the day

what each number measures: SPF and PA

and the PA, which is responsible for sunburn, SPF measures protection against UVB radiation
.linked to photoaging and dark spots, system with its plus signs indicates protection against UVA
spectrum-and check that the packaging indicates broad++++, and PA+ look for SPF 50, For daily use
.protection

or hybrid filter, mineral, Chemical

with, Mineral ones. and comfortable under makeup, transparent, Chemical filters are lightweight
although they can leave a white, are more suitable for reactive skin, zinc oxide or titanium dioxide
Hybrid ones combine both and are usually the best compromise between texture and. cast
.tolerance

How much product to actually apply

two fingers of, in practice: The reference amount is about 2 milligrams per square centimeter
Applying less reduces the actual protection far. or half a teaspoon, product for the face and neck
,Spread it as the last step of your skincare and before makeup. below the number on the packaging
.and the nape of the neck, eyelids, without forgetting ears

Reapplying without ruining makeup

Over. and sooner if there is sweat or bathing, s advisable to reapply every two hours'it, Outdoors
Indoors with little. applied by pressing and not rubbing, stick or mist formats work best, makeup
.one reapplication midway through the day is usually enough, direct light

and common mistakes, removal, Body

need the same, and the tops of the feet, colletteéd, especially hands, Exposed areas of the body
remove it with a cleansing balm or oil and then a, At the end of the day. sunscreen as the face
t store it in the'And don. resistant filters do not come off with water alone-water: gentle cleanser
.because heat degrades the formula, car or in the sun

