

[www.huffingtonpost.com](http://www.huffingtonpost.com)

Applying sunscreen is a no-brainer. That is, until you realize that the sun's harmful UV rays hit more areas than just your face, arms and legs. Below are six places Debra Jaliman, a New York City-based dermatologist, **Rebecca Baxt**, a board-certified dermatologist at Baxt CosMedical, and Adam J. Friedman, the director of dermatologic research at Montefiore Medical Center, believe you may overlook when applying sunscreen -- and the products you should use to avoid these careless mistakes.

## 1. Scalp



Our mothers knew best when they'd make us wear those silly floppy hats at the beach. When applying sunscreen, it's possible to overlook protecting your scalp until you feel soreness or see dryness as a result of overexposure to the sun. Researchers at the University of North Carolina at Chapel Hill have found that one of the most deadly melanoma skin cancers occur on the scalp. An easy way to remember to get this area covered is tell yourself to start your sun protection regimen at the top of your head, and finish with the tops of your feet. **Product Recommendations:** *Shiseido Ultimate Sun Protection Spray and Bosley Pro Healthy Hair Scalp Protect.*

## 2. Ears



Ears require a bit more patience when it comes to skincare. A 2007 study published in *The Skin Cancer Foundation Journal* brought to light the troubling amount of skin cancer discovered on parts of the ear. Lower your risk by taking time to work sunscreen into all those nooks and crannies. **Product Recommendations:** *Kiss My Face Sport Hot Spots SPF 30 and CVS Kids Sunstick for Ears, Nose and Face.*

## 3. Neck



Think about it for a minute: When most people apply face cream, they usually stop at the jawline, leaving the neck void of moisturizer. Don't be neglectful! It might take a few reminders at first, but consider protecting the neck just part of protecting your face.

*Product Recommendations: Dermalogica Solar Defense and Supergoop Skin Soothing Mineral Sunscreen.*

## 4. Lips



The lack of melanin on the lips means that this body part has very little natural protection from the sun. And if you think you're covered because you layer on lip gloss, think again. Christine Brown, a dermatologist at Baylor University Medical Center in Dallas, told NBC News that lip gloss could actually invite UV rays to penetrate into your skin. Be smart and wear lip products formulated with sunscreen. *Product Recommendations: Nivea A Kiss of Sun Protection Lip Care and ChapStick Sun Defense Lip Balm.*

## 5. Back of Hands

The sliver of sunscreen that's left on the palms of your hands simply won't cut it. Once you're done covering your entire body, take a few extra minutes to apply



sunscreen to your hands as you would moisturizer. You'll take this tip to heart once you start to notice fine lines, age spots and other signs of physical aging accelerated by the sun. *Product Recommendations: Suntegrity Natural Mineral Sunscreen for*

*Body and Bliss The Youth As We Know It Anti-Aging Moisture Lotion With SPF.*

## 6. Top of Feet

Whether your feet are buried in the sand or catching the breeze in a pair of flip-flops, neglecting to apply sunscreen is a big no-no. The heels and soles can become badly burned and can even be a site where melanomas grow. *Product Recommendations: Clinique Sun Body Cream and Aveeno Protect + Hydrate Lotion With Sunscreen.*