

The Best Sunscreens to Prevent Sunburn, According to A Dermatologist



By **Nicolette Accardi | NJ Advance Media for NJ.com**

Summer weather is now in full force, which means the sun's rays are at its highest.

Choosing a sunscreen with quality ingredients and high SPF (sun protection factor) is crucial for protecting your skin against skin cancer and reducing your overall UV exposure, according to the [Skin Cancer Foundation](#).

For some tips to protect your skin from the sun, we spoke to New Jersey-based dermatologist [Dr. Rebecca Baxt](#), who's board-certified and the Medical Director of [BAXT CosMedical in Paramus](#).

WHAT FORMULA TO CHOOSE

A sunscreen with at least SPF 30 is recommended and a zinc oxide-based formula is best, according to Dr. Baxt. Avoiding sun exposure with clothing, hats and shade is also helpful.

"I recommend different sunscreens depending on the patient's skin type, lifestyle and age," Dr. Baxt says. "For example, I would recommend something different for a child going outside all summer, as compared to an adult walking to and from the car or transit. Acne-prone skin gets different choices than dry, eczema-prone skin."

WHEN TO APPLY SUNSCREEN

Applying sunscreen 20-to-30 minutes before sun exposure, every one to two hours, is the best approach, depending on the person, Dr. Baxt says.

If you're sweating, fair-skinned or swimming, one hour is recommended. For any other situation, two hours is recommended.

A shot glass worth of sunscreen is enough for a whole body — apply it thickly and rub it in," Dr. Baxt says.

THE BEST SUNSCREENS TO PREVENT SUNBURN

Here are Dr. Baxt's top sunscreen recommendations:

Vanicream Sunscreen Broad Spectrum SPF 50+

This zinc oxide formula is water-resistant for up to 80 minutes and is non-comedogenic, so it won't clog pores — making it great for sensitive skin.

Cost: [\\$15.99 on Amazon](#)

Cheaper alternative: [Coppertone Pure Simple Mineral SPF 50 Sunscreen Spray](#), \$10

La Roche-Posay Anthelios SPF 60 Melt-In Sunscreen

his paraben-free, non-greasy sunscreen is fast-absorbing and “leaves skin hydrated and smooth with a velvety texture,” according to its product description. It's also fragrance-free.

Cost: [\\$35.99 on Amazon](#)

Cheaper alternative: [Hint Sunscreen Pineapple SPF 30](#), \$18

Colorescience Total Protection Face Shield SPF 50

This tinted sunscreen is designed for the face and protects against “UVA/UVB, pollution, blue light and infrared radiation,” according to its product description. It also contains zinc oxide and is fragrance-free. **Cost:** [\\$39 on Amazon](#)

Cheaper alternative: [CeraVe Tinted SPF 30 Sunscreen](#), \$14

EltaMD UV Sport SPF 50 Sunscreen

This oil-free sport sunscreen is perfect for spending time in the water or exercising, since it's water-resistant for up to 80 minutes. **Cost:** [\\$20.40 on Amazon](#)

Cheaper alternative: [Coppertone Sport Continuous Sunscreen Spray SPF 50 \(Pack of 2\)](#), \$13

MDSolarSciences Mineral Creme SPF 50 Sunscreen

This unscented sunscreen dries matte for a non-greasy finish. **Cost:** [\\$30 on Amazon](#)

Cheaper alternative: [Neutrogena Ultra Sheer Dry-Touch Water Resistant SPF 100+ Sunscreen](#), \$9

HOW TO TREAT SUNBURN

If you do fall victim to a sunburn, there are ways to ease the pain.

“Once it happens, protect the skin from more sun, and use over-the-counter hydrocortisone cream, aloe vera gel and cold compresses,” Dr. Baxt says.

Here are some options to help relieve sunburn:

- [CeraVe Hydrocortisone Cream, \\$8.22](#)
- [Organic Aloe Vera Gel, \\$17](#)
- [Disposable Ice Packs \(24-Pack\), \\$15.41](#)
- [Gold Bond Ultimate Healing Skin Therapy Lotion with Aloe, \\$8](#)
- [Cortizone 10 Maximum Strength, \\$6](#)

Source: <https://www.nj.com/shopping-deals/2021/07/the-best-sunscreens-to-prevent-sunburn-according-to-a-dermatologist.html> Posted Jul 10, 2021