Got sunscreen?
The smartest protection for the hottest time of the year
By Courtney Leiva • Photography by Jessica Leep

As the warm summer sun beats down in full swing, get a head start with proper skincare protection. With a brand new summer season comes brand new SPF rules, so take note from several skincare experts about the changes in sunscreen labels, the SPF number to start with and the shadow-shade rule to live, play and sun by.

The Food and Drug Administration (FDA) issued new sunscreen label rules that went into effect this summer, and Dr. Tony Hakilta, author of the bestselling book The Skin Communications: 10 Rules to Healthy, Beautiful Skin, said buying sunscreen is now a lot less misleading.

“First off,” Hakilta says, “new FDA regulations permit manufacturers to advertise that sunscreen helps protect against skin cancer and signs of aging based on key elements in the formulation of the product.”

Catch up with this recap of recent FDA sunscreen label changes:

• Sunscreens that block UVB radiation and some UVA radiation may be labeled as broad-spectrum products.
• Broad-spectrum products with an SPF of 15 or higher may state on the label that they reduce the risk of skin cancer and premature skin aging.
• No sunscreen product may claim an SPF above 50.
• No sunscreen can advertise as a “sun blocker.”
• Any claim that sunscreen products are waterproof or sweatproof must be reworded as “water-resistant.”

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