



Makeup and Sunscreen: Irritating or Simple?

When you take the time to carefully apply your makeup every day, you want it to last and look great. Applying a sunscreen and protecting your skin may not be your first priority. However, great makeup starts with great skin. Your skin is the canvas on which you paint. Makeup only enhances the natural beauty you already have. In order to have beautiful skin, it is imperative that you protect your skin from the damaging rays of the sun. Sun damage includes wrinkles, age spots and fine lines. Your best tool to maintain your youthful glowing skin is applying sunscreen daily.

There are many different options for applying sunscreen when you wear makeup. You can purchase a makeup (liquid foundation or powder foundation) that contains sunscreen. Many foundations will have sunscreen already built in, and it should be indicated on the bottle. While this is excellent and it will provide protection for your skin, you may want even more protection. Applying a sunscreen before you apply your makeup will provide you with even more protection. However, sunscreen can often times be thick and make your skin feel cakey or greasy. Thankfully, sunscreen comes in a liquid form. Neutrogena makes a liquid sunscreen that is great for under makeup. It smells great, is non-greasy and does not feel cakey. It can be purchased at most pharmacies or grocery stores.

Now, once you have your makeup already applied you wouldn't dare apply more sunscreen over it! It would smear your makeup. That's where the magic of powder sunscreen comes in. When you know you will be out in the sun for an extended period of time, you should be reapplying your sunscreen every two hours. Powder sunscreen can be a great option because it allows you to reapply your sunscreen right over your makeup. The thought of smearing liquid sunscreen *over* makeup is enough to give someone the heebie jeebies.

No matter how you choose to apply your sunscreen when you wear makeup, the essential thing is that you DO apply it. You are doing yourself a favor and preserving the natural, youthful glow of your skin. And as an extra bonus, you're protecting yourself from skin cancer. You can't go wrong with sunscreen!

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