



# How to Choose the Best Sunscreen

The best way to prevent skin aging and skin cancer is to wear sunscreen every single day. Here's what you should look for:



## Broad spectrum.

Meaning it protects against both types of rays: UVA and UVB.

## SPF 30.

Lower SPFs don't provide enough protection. Anything over 50 is overpromising.

## Expiration date within the last 3 years.

No date? If you've had it for longer than three years—or if it's watery, lumpy, or grainy—toss it out.

## Water resistant.

But be sure to reapply after swimming or sweating.



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