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Some facts and information on Face Sunblock by [Tedd Woods](#)

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I bet that most of us use some form of facial sunblock in the summer. Especially for those of us that is true, skinned like me. We carry out the care to avoid getting a tan. But what about the fall? Does the winter? Does anyone use face sunblock this season? Probably not. Why? Maybe because we have been programmed to use it only in summer.

Too little as 15 minutes, your skin can get damaged by the sun. Granted, it may take longer during other seasons, but it can happen. And while he may be burned, over time, your skin looks older and lose that youthful appearance.

The fact is that your skin is the largest organ and needs to be protected, especially in your face, because he gets the most exposure. So how do we prevent it? Using facial sunblock.

So what is the protection from the sun? Sunblock lotion is that physically blocks the sun's rays, especially UVB and UVA rays. Face Sunblock is usually two chemicals, zinc oxide and titanium oxide to block radiation. Check your suntan lotion bottle and read the label. If you can see, titanium oxide and zinc oxide, you have Sunblock.

Sunblock can come in various forms, creams, gels, spray on sticks, etc. I would say that lotions are the most popular type of facial sunblock. You can use a gun types, but be careful not to spray near your eyes. Spray may temporarily sting when you get into the eye. If you have small children than you know to use the stick type of sun rays. This allows you to have more control over the application and it does not object. Regardless of the type of facial sunblock you choose, always try it on a small area, or better yet to see a dermatologist if you have sensitive skin.

By the way, if you do not know how to apply sunblock, here is a quick review. Apply sunblock before going out for half an hour in the sun. Use a liberal amount of distributing it evenly, and do not forget your ears and neck and back. Give your skin time to absorb the lotion and again every 2 hours or so. Your action will also determine how often should you again. Especially if you are swimming, sweating and drying with a towel.

Facial sunblock, as well as any other sunblock and sunscreen SPF rating is known as (sun protection factor). You can use an SPF number of the following:

If you start getting a tan lotion 20 minutes without using a facial sunblock SPF 30 will allow you 600 minutes or 10 hours of protection before you start to burn ($20 \times 30 = 600$). That's all nice in theory, but you have to remember that the tests are performed indoors in a laboratory that does not take the heat, wind, skin type, etc. Nevertheless, it serves as a gauge to go.

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[Tedd Woods](#) - About Author:

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