



## WHY SUNSCREEN?

Prevents sunburn, skin cancer, and dark spot worsening.

### Choosing safe effective products

#### What to Look For:

- Broad Spectrum (UVA/UVB protection)
- SPF 30 or higher
- Water-resistant

#### Types:

- Mineral (zinc oxide, titanium dioxide): great for sensitive skin
- Chemical (avobenzone, octocrylene, etc.): lightweight, blends easily

Apply generously and reapply every 2 hours when outdoors.

### Helpful Tool

- OnSkin App or ShinSAFE AI scanner to check ingredients and safety.

Disclosure: "safe" vs "risky" might differ depending on amount, formulation or skin type. These tools are not perfect and should not be a substitute for dermatological evaluation.

#### Common Myths:

- "Dark skin doesn't need sunscreen" → FALSE, all skin tones need sun protection.



## CONTACT



[www.dermanp.com](http://www.dermanp.com)



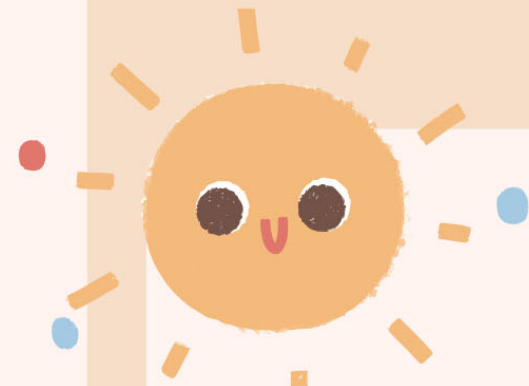
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# SUNSCREEN GUIDE

Choosing the best sunscreen

Glow, Don't Burn!

