Wear Sunscreen Daily: Science Shows It Helps Maintain Youthful and Healthy Skin

Do you wear sunscreen every day? Maybe your daily moisturizer or makeup has a bit mixed in, but how much? Do you reapply it? Chances are you, along with the vast majority of your peers, aren't wearing sunscreen on a daily basis - and the amount you do wear is negligible. Wearing sunscreen when exposed to the sun for extended periods, such as playing sports outside or hitting the beach, is a great preventative measure. However, you’re still missing the benefits of wearing sun protection daily. Though sunscreen isn’t the top of your priority list right now, it’s time to reconsider that.

* According to [Unity Point Health](https://www.unitypoint.org/desmoines/article.aspx?id=e0a22a4f-77c7-4a9a-b779-ed3c37956982), wearing sunscreen decreases your risk of developing deadly cancer.
  + Using sunscreen daily, even when it is cloudy or raining, dramatically reduces your risk. Sure, you know skin cancer is a possibility for those who excessively use tanning beds or lie out in the sun unprotected for years, but do you realize just how often you’re putting yourself at risk? Skin cancer doesn’t happen overnight, take steps now to protect your health and future.
* Wearing sunscreen also keeps you looking young.
  + I bet you didn’t know the number one cause of premature aging of the face is ultraviolet exposure. By wearing sunscreen, you are slowing down the development of wrinkles. The best treatment is prevention. Wearing sunscreen now will keep damage to a minimum, helping you age with grace.

Finding a sunscreen you like is the key motivating factor for regular use. Don’t know what products to use? Good news for you. There are so many options to choose from. With so many sunscreen options, including sprays and robust combo moisturizers, it’s more convenient than ever to apply sunscreen daily.

Keep an eye out for alternative sunscreen options:

* Mineral or hypoallergenic sunscreens are now available for those with sensitive skin. The key ingredients in chemical sunscreens are absorbed into your skin, rather than laying on top of your skin like a mineral formula, which is why [chemical creams](https://my.clevelandclinic.org/health/diseases/6173-contact-dermatitis) are more likely to cause a breakout, allergic reaction, or skin irritation.
* Dr. Dendy Engleman, a dermatologist, recommends [EltaMD](https://www.businessinsider.com/dermatologist-recommended-sunscreens#for-the-face-and-body-la-roche-posay-anthelios-60-melt-in-sunscreen-milk-2) as an affordable mineral sunscreen option. “It has zinc oxide to protect from UV/UB rays and antioxidants to repair damage.” Dr. Engleman said.
* Unlike sunscreens that use chemicals to absorb UV rays, mineral-based sunscreens block the rays physically (which is why they’re also known as “physical sunscreens”) and aren’t getting absorbed into your skin.