

Sunscreen

Body & health

What SPF measures, how much to apply, and how often to reapply.

SPF measures protection against UVB, the wavelength that causes burning. UVA protection is shown separately, as a star rating or the letters PA.

FACE + NECK

1 tsp

WHOLE BODY

6–8 tsp

REAPPLY

2 hourly

- SPF 30 blocks about 97% of UVB; SPF 50 about 98%.
- The rated amount is 2 mg per cm² — about 6–8 teaspoons for a whole body.
- A teaspoon for the face and neck alone.
- Reapply every two hours, and after swimming or towelling.
- 'Water resistant' means tested for 40 or 80 minutes, not permanent.
- Broad spectrum means UVA as well as UVB.

LOOK FOR IT

Applying half the tested amount can reduce effective protection to well under half the labelled SPF.

General guidance. Sunscreen supplements shade and clothing; it does not license longer exposure.