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The Best Everyday Sunscreens, According to Dermatologists

These doctor-recommended SPFs will keep your face protected from the sun's harmful rays. They might help improve your skin's appearance, too



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La Roche-Posay
Anthelios Ultra Light Fluid Face
Sunscreen SPF 60
~~\$37~~ **\$28**

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Elta MD
UV Clear Sunscreen SPF 46
\$45

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Elta MD
UV Skin Recovery Color
Correcting Sunscreen SPF 50
\$52

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Many people know they need to wear sunscreen in the summertime, but it's one of the **most important** steps in your skincare routine year round. According to the [National Institutes of Health](#), regular use of sunscreen decreases your risk of developing skin cancer by protecting it against [ultraviolet radiation](#). Sunscreen also helps prevent premature signs of aging—sun exposure contributes to **80% of facial aging**, including wrinkles and sagging skin.

We consulted dermatologists who advised us to use sunscreen every day, including on overcast days, since up to **80% of UV rays can penetrate clouds**. They even suggest wearing it if you work inside near windows. Finding the right formula among the countless options

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And [see below](#) for tips on proper application.

Great for most skin types



LA ROCHE-POSAY

Anthelios Ultra Light Fluid Face Sunscreen SPF 60

\$28 AT ULTA
~~\$37~~ Save \$9

\$28 AT AMAZON
~~\$36~~ Save \$8

La Roche-Posay was one of the most-recommended brands by the dermatologists we spoke to. Of the many sunscreens the brand offers, its **Anthelios Ultra Light SPF 60** is the first option to consider for most skin types. **Dr. Kristel Polder**, a Dallas-based dermatologist at the Dallas Center for Dermatology and Aesthetics, recommends it for its lightweight feel and “fast-absorbing matte finish that is ideal for layering under makeup.” She also notes the formula’s antioxidants help visibly reduce the appearance of sun-damaged skin.

For reducing redness

**ELTA MD****UV Clear Sunscreen SPF 46****\$45 AT AMAZON****ELTA MD****UV Skin Recovery Color Correcting Sunscreen SPF 50****\$52 AT AMAZON**

After La Roche-Posay, EltaMD came highly recommended by the dermatologists we consulted. [Dr. Joni Jefferson](#), the Morristown, N.J.-based founder and medical director of Zen Aesthetics Med Spa, says EltaMD is her “everyday workhorse” brand, and recommends it “especially for sensitive, rosacea-prone or acne-prone skin.” Its [UV Clear SPF 46](#) is a standout because “it’s light, non-comedogenic and includes niacinamide to calm redness.”

Niacinamide helps reduce redness over time, but for days when you want to immediately conceal it, consider EltaMD’s green-tinted [UV Skin Recovery Sunscreen](#). “The green tint neutralizes discoloration,” says Polder. She notes that it also “blurs imperfections and calms post-procedure skin,” which is why she consistently recommends it to patients who have had laser or microneedling procedures.

Best for darker skin

**BLACK GIRL SUNSCREEN**

Moisturizing Sunscreen Lotion SPF 30

\$10 AT AMAZON

\$17 AT ULTA

**BLACK GIRL SUNSCREEN**

Make It Matte Sunscreen SPF 45

\$18 AT AMAZON

\$19 AT ULTA

Many sunscreens can look gray on darker skin tones. [Black Girl Sunscreen](#) is a “standout for melanin-rich skin” because it doesn’t leave behind a white cast, says Jefferson. The SPF 30 formula provides “a dewy, healthy finish that works beautifully under makeup,” she says. The brand also offers a [matte version](#) that Jefferson suggests if you prefer less shine, as well as a [kids’ formula](#).

Primer-like SPF

**SUPERGOOP!****Unseen Sunscreen SPF 50****\$38 AT ULTA****\$38 AT AMAZON****SUPERGOOP!****Play Everyday Lotion SPF 50****\$18 AT ULTA****\$18 AT AMAZON**

Supergoop's Unseen Sunscreen with SPF 50 is “ideal for people who say they ‘hate sunscreen,’” says Jefferson, adding that it “goes on completely clear with a velvety, primer-like feel.” It has a similar consistency to silicone makeup primer, which makes it work well under foundation and other makeup products. Jefferson also notes that it’s ideal for normal to oily skin.

Supergoop's Play Sunscreen, also with SPF 50, has more of a lotion-like feel, and can “double as a makeup primer and soften the appearance of pores,” according to **Dr. Ryan Turner**, a New York City-based dermatologist and founder of Turner Dermatology. He recommends it for acne-prone skin and notes that it’s easy to reapply without a white cast. The Play Sunscreen also comes in an **18-ounce size** with a pump, making it easy to use on your body, too.

Powders for reapplying



COLORESCIENCE

Sunforgettable Total Protection Brush-On Sunscreen

\$69 AT DERMSTORE

\$69 AT AMAZON



ISDIN

Mineral Brush Daily Protection Powder

\$40 AT DERMSTORE

\$40 AT ISDIN

“The biggest mistake I see patients make when it comes to sun protection is not reapplying,” says [Dr. Nazanin Saedi](#), a Philadelphia-based dermatologist at Dermatology Associates of Plymouth Meeting. She recommends the [Colorescience Sunforgettable Brush-On Sunscreen](#) with SPF 50 for use throughout the day, after your initial application of cream sunscreen. It easily applies over makeup and doesn’t need to be rubbed in with your fingers, which is helpful if you can’t wash your hands before using.

The **ISDIN Mineral Brush** with SPF 50 is another powerful option to consider. It comes recommended by **Dr. Morayo Adisa**, a Chicago-based dermatologist and the medical director of Dermatology Physicians Chicago. While the Colorescience powder has a few different shades

For acne-prone skin



LA ROCHE-POSAY

**Anthelios UV Control
Sunscreen SPF 50 with
Azelaic Acid**

\$30 AT ULTA
\$40 Save \$10

La Roche-Posay’s Anthelios UV Clear is a “great everyday option for people dealing with breakouts, rosacea or reactive skin,” says Adisa. This SPF 50 formula uses antioxidants and azelaic acid, a gentle ingredient that helps clear acne and calm inflamed skin. She notes that it absorbs into the skin quickly without leaving a greasy feeling behind.

Feels like skincare



MAD HIPPIE**\$20 AT AMAZON****TATCHA**

The Milky Sunscreen SPF 50+

\$40 AT ULTA~~\$50~~ Save \$10**\$50 AT AMAZON**

If you don't like heavy lotions, consider [Mad Hippie's Daily Protective Serum](#), which has SPF 30 protection. It's designed to not only protect skin from sun damage, but also improve skin tone and texture over time. The hydrating ingredients protect against oxidative stress (which occurs when there are too many free radicals and not enough antioxidants in the skin), says [Dr. Debbie Palmer](#), a Harrison, N.Y.-based dermatologist and co-founder of Dermatology Associates of New York.

Tatcha's skincare is beloved for its luxurious feel, and the brand's new [Milky Sunscreen](#) is no different. Skincare ingredients such as ectoin, vitamin E and Okinawa aloe help to improve the skin barrier and reduce dark spots. Plus, this SPF 50 formula's thin consistency may be more appealing than thicker sunscreens. It blends in like regular lotion, so it shouldn't leave a white cast behind.

Great for face and body



LA ROCHE-POSAY

Anthelios Melt-In Milk Sunscreen SPF 60

\$22 AT ULTA

~~\$29~~ Save \$7

\$26 AT AMAZON



LA ROCHE-POSAY

Anthelios Melt-In Milk Sunscreen SPF 100

\$22 AT ULTA

~~\$29~~ Save \$7

\$27 AT AMAZON

La Roche-Posay's Anthelios Melt-in Milk Sunscreen with SPF 60 is a “gold-standard” option for daily use, according to Turner. It offers “excellent broad spectrum UVA and UVB protection,” for your face and body, he says, adding that it absorbs quickly with a minimal white cast. Polder says she used the **SPF 100 version** during a week in the Maldives and she “returned to the United States without a single tan line.”

Answers to your sunscreen questions

The recommended amount of sunscreen needed to reap its benefits might be more than you think. You should use about ¼ to ½ of a teaspoon of sunscreen for your face and neck, according to Saedi. A trick to getting the right amount? “Apply two thick lines of sunscreen on your index finger and middle finger,” she says. Adults typically need one ounce of sunscreen—equal to about a ⅔ of a shot glass—to cover the rest of their body.

How often should you apply sunscreen?

“Applying sunscreen as part of your morning skincare is a great start, but if you want to maintain protection, you need to reapply,” says Saedi. She recommends reapplying between every 90 minutes and two hours, noting that you can likely go a bit longer if you’re inside and not sweating or wiping your face.

What does the SPF number really mean?

A sunscreen’s SPF (sun protection factor) number “measures the sunscreen’s ability to protect against UVB rays,” explains Saedi. The higher the SPF, the more you’re protected, but not as much as you might think. Most dermatologists recommend using SPF 30 at minimum, which

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Medea Giordano

Medea Giordano is a staff writer at Buy Side, covering style, home, tech and more.

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