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The Best Body Sunscreens, According to Dermatologists

Keep your body protected from the sun with these expert-approved, water-resistant formulas



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Sun Bum

Original Sunscreen Body Lotion

SPF 50

~~\$19~~ \$16

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Sun Bum

Original Sunscreen Body Spray

SPF 50

~~\$18~~ \$12

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Avene

Mineral Sunscreen Face & Body

Lotion SPF 50

\$40

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Sunscreen is a regular part of many people's facial skincare routines, but keeping your body protected from the sun is important, too. You might only think about it when heading outside on a hot summer day, but as we explain in our [everyday sunscreen guide](#), regular use of sunscreen can help [prevent skin cancer](#) as well as signs of aging. Because [80% of UV rays can penetrate clouds](#), it's important to slather on the SPF even on overcast or winter days.

What about if you're inside your home or in a car most of the day? According to the [American Academy of Dermatology](#), windows block UVB rays but not UVA rays, which is why dermatologists recommend wearing sunscreen even if you're working near windows or driving. As

noted by the [Skin Cancer Foundation](#), skin cancer is more commonly found on the left side of the body, as drivers are “directly exposed through a window on their left side.” (The reverse is true for countries where drivers sit on the right side.)

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our other guides for sunscreen options for your face, including [mineral](#) and [tinted](#) formulas, and read more about best sunscreen practices.

Classic for everyday use



SUN BUM

Original Sunscreen Body Lotion SPF 50

\$16 AT AMAZON

~~\$19~~ Save \$3

\$17 AT ULTA



SUN BUM

Original Sunscreen Body Spray SPF 50

\$12 AT AMAZON

~~\$19~~ Save \$7

\$18 AT ULTA

1. **Mineral sunscreen** — If you find me on the beach or at the pool, chances are I have Sun Bum's lotion and spray in my bag. She notes that she starts with a thorough application of the lotion—an ounce is recommended to cover your body—and uses the spray to reapply throughout the day, every two hours or so.

Sensitive skin pick



AVÈNE

Mineral Sunscreen Face & Body Lotion SPF 50

\$40 AT ULTA

\$40 AT AMAZON

Avène's skincare is a popular choice for sensitive skin. This [Mineral Face and Body Lotion](#) offers SPF 50 protection with ingredients like bisabolol, allantoin and thermal spring water to soothe and calm the skin, plus vitamin E to protect against free radical damage. It comes recommended by [Dr. Debbie Palmer](#), a Harrison, N.Y.-based dermatologist and co-founder of Dermatology Associates of New York. She says her patients like that “it’s fast absorbing and it feels light on the skin,” adding that she appreciates the fragrance- and paraben-free formula.

Nice-price option for sports or heavy sweating



BANANA BOAT

**Sport Ultra Sunscreen
Lotion SPF 50+**

\$9 AT AMAZON

New York City-based dermatologist Dr. Ryan Turner suggests [Banana Boat's Sport Ultra SPF 50](#) for strenuous outdoor activities because it's "designed for high-sweat environments." All the sunscreens on this list are water-resistant up to 80 minutes, but this one is one of the most affordable, making it a great option if you frequently exercise or play sports in the sun and go through sunscreen quickly. Be aware though: Because it's occlusive, which allows it to stay on while you sweat, it could be irritating if you're prone to breakouts on your chest and back.

Sheer mineral formula



MAD HIPPIE

Ultra-Sheer Body SPF 40

\$19 AT AMAZON

Palmer also recommends [Mad Hippie's Ultra-Sheer Body Sunscreen SPF 40](#), which has an ingredient list more akin to skincare than a typical sunscreen. Cocoa seed butter, quercetin and sea buckthorn berry help protect against free radicals, while squalane and hyaluronic acid provide hydration.

Chemical formula for oily skin



NEUTROGENA

Ultra Sheer Dry-Touch Sunscreen SPF 55

\$10 AT AMAZON

~~\$11~~ Save \$1

[Neutrogena's Ultra Sheer Dry-Touch SPF 55](#) is a lightweight chemical sunscreen that Turner recommends for oily, acne-prone skin. [Dr. Joni Jefferson](#), the Morristown, N.J.-based founder and medical director of Zen Aesthetics Med Spa, says Neutrogena is her go-to because it's affordable and easy to find in stores. She notes that the Ultra Sheer formula is lightweight and "spreads easily on the face and body without feeling greasy."

Hydrating gel texture



NEUTROGENA

Hydro Boost Water Gel Sunscreen SPF 50

\$12 AT AMAZON

~~\$14~~ Save \$1

If you have dry skin, consider [Neutrogena's Hydro Boost Water Gel Sunscreen SPF 30](#). The gel-cream texture "feels more like a moisturizer than a typical SPF," Jefferson says, so you may feel more inclined to reapply every two hours as is recommended by dermatologists. The brand's entire Hydro Boost line is a personal favorite for my ultra-sensitive skin, and the [Hydro Boost Water Gel Moisturizer](#) is also [Buy Side recommended](#).

Mineral spray option



SEAWEED BATH CO.

Clear Moisture Mineral Sunscreen Spray SPF 30

\$17 AT AMAZON

~~\$30~~ Save \$13

Sunscreen sprays make it easy to reapply throughout the day and can also be helpful for getting coverage on difficult to reach areas, says [Dr. Serena Mraz](#), a Vallejo, Calif.-based dermatologist at Solano Dermatology and Associates. She recommends [Seaweed Bath Co.'s Clear Moisture Mineral SPF 30](#), noting that it's great for dry, sensitive skin. The included antioxidants, green tea, aloe vera and algae ingredients help soothe and calm irritated skin, she notes. [She also recommends](#) the brand's [facial mineral sunscreen](#) for sensitive skin.

How much sunscreen should you apply, and how often?

The dermatologists we consulted recommend using one ounce of sunscreen to cover your body, which is equal to about $\frac{2}{3}$ of a shot glass. Your face and neck need an additional $\frac{1}{4}$ to $\frac{1}{2}$ of a teaspoon, which you can measure by applying two thick lines down your pointer and middle fingers.

Chemical sunscreen should be applied 15 minutes before going out in the sun, while mineral sunscreen is effective immediately. Whichever formula you choose, reapply between every 90 minutes and two hours, give or take, depending on if you're sweating or swimming. Sprays can be helpful for reapplication, but be mindful of wind blowing the product away from your skin.

What does water resistance mean?

If you'll be swimming or sweating, [water-resistant sunscreen](#) has been tested to continue providing the same sun protection for its

advertised amount of time while wet. After that, it's time to reapply. Most formulas are water-resistant for 40 to 80 minutes—all of the

Can you use the same sunscreen for your face and body?

Some of the sunscreens on this list are formulated for both face and body, while others are labeled for body use only. You can, technically, use your facial sunscreen on your body, but those formulas tend to be more expensive and packaged in smaller containers. It's more economical to get a body-specific formula.

“The skin on your face is more sensitive than the skin on your body, which is why specific facial sunscreens are recommended instead of using your body sunscreen [on your face],” explains [Dr. Michele Green](#), a New York City-based dermatologist. Facial sunscreens often contain hydrating and soothing ingredients and might layer nicely under makeup. Body sunscreens are thicker, “often have a stronger fragrance and are designed to be more water-resistant, making them better suited for activities like swimming or sweating,” Green notes.

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