

CORRECT **APPLICATION** **Every purchase** goes towards our research and services.

SUNSCREEN

Apply sunscreen at least 20 minutes before sun exposure





One teaspoon is equal to 5mL of sunscreen



You need at least 7 teaspoons for a full body application. One for each arm, each leg, your front, your back, face, neck and ears.

This means a full body application* is 35mL of sunscreen

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*35mL equals one full body: Front of body • Back of body • Face, neck and ears • Arms and legs For a Cancer Council 110mL tube, this is approx. 3 full body applications.



Reapply sunscreen after 2 hours, or sooner if you've been swimming, sweating or towel drying.

Do a test if it's a first time use, or if you're applying to sensitive skin. If irritation occurs. discontinue use.

Always read the label. Follow the directions for use. Reapply every two hours and avoid prolonged sun exposure.