

Sunscreen for eczema

People living with eczema are even more vulnerable to the sun's damaging rays and have more challenges finding sunscreen products that work for their skin.

Use sunscreen that has mineral-based sunscreen ingredients: Titanium Dioxide (TiO₂) and Zinc Oxide (ZnO) they are physical sunscreens.

Look for

- Alcohol-free
- SPF 30 or greater
- "Broad spectrum" protection from both ultraviolet (UVA) A and UVA B rays

Sunscreen alone isn't enough to protect your skin against UV rays. One needs to wear a protective clothing and staying out of direct sunlight especially during the summer months.