

12. USE SUNSCREEN LOTION AS AN AFTERSHAVE

Coola Suncare Mineral Sunscreen, \$30, Amazon

Dermatologist **Dr. Gary Goldenberg** says, "Everyone knows they should be using sunscreen daily, but some patients (men especially) are harder to convince. My solution is to recommend a lotion with SPF 30 or more as an aftershave. I tell my patients to apply it not only to their beard area, but also to the rest of their face, their neck and backs of their hands." Coola Suncare mineral sunscreen has an SPF of 30, is rich in antioxidants and minerals, and uses ingredients like organic rose hip oil, cucumber, and shea to moisturize and protect the skin. It's also got a matte finish, so you don't look like you're wearing anything at all.

