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The Pros Have Spoken — Here's The Spring Beauty Routine You Need

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Instead Of Heavy Body Lotions, Try Lighter Formulas With SPF

Body oils can feel like God's gift to your bathroom when you're desperate for something extra moisturizing. But come spring, those heavenly oils can feel too sticky. Instead, switch to a light lotion with SPF in it. (That last part's crucial.) "The most important ingredient in your skin-care routine during this transition is sunscreen," says dermatologist [Dr. Gary Goldenberg](#). "As the UV index rises, so does the need for daily SPF use to protect your skin from photo damage, wrinkles, and skin cancer." **Eucerin** Daily Hydration Lotion SPF 15, \$9.39, available at Target.

