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yahoo! by Nicole Saunders

Need Sunscreen For Mature Skin? This One Won't Creep Into Your Fine Lines.

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Great news: It's never too late to use [sunscreen](#), regardless of your age, because your skin still responds to proper care. "SPF creates the consistent foundation your skin needs to repair itself," says triple board-certified dermatopathologist [Dr. Gretchen Frieling, MD](#). Even better news? A [year-long study](#) found that wearing a broad-spectrum sunscreen daily not only prevents skin aging, but actually helps reverse existing photodamage. Plus, wearing sunscreen helps prevent skin cancer, a common type of cancer that impacts 1 in 5 Americans by the age of 70, according to research from the [Skin Cancer Foundation](#), a non-profit organization focused on minimizing the impact of skin cancer.

Of course, there are certain factors to look out for that'll separate a good sunscreen for mature skin from a great one. Hydration is a non-negotiable—reach for rich creams for ample hydration or lotions if your skin is oily or combination. And look out for formulations that blend out easily and won't settle into fine lines and wrinkles.

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To help elevate your skincare routine, I consulted several experts about what to consider when shopping for mature skin sunscreen, including standout ingredients, the real differences between mineral- and chemical-based sunscreens, and asked for their no-fail recommendations worth adding to your routine.

Best Sunscreens For Mature Skin

What To Consider

Active Ingredients

Sunscreen active ingredients can be placed into two main categories: mineral aka [physical sunscreens](#) and chemical sunscreens. They're effective at protecting the skin from the sun's harmful ultraviolet A (UVA) rays, which cause signs of aging, and ultraviolet B (UVB) rays, which lead to burning. Some products, like [EltaMD Clear](#), combine both chemical and mineral active ingredients. "They both work well; it just depends on what your skin tolerates best," says Dr. Frieling. That said, she and Dr. Spearman note that mineral sunscreen offers additional benefits for mature skin types.

Mineral Sunscreens

- **What are mineral sunscreens and how do they work?** They create a physical barrier that reflects and scatters UV rays away from the skin's surface, board-certified dermatologist [Dr. Divya Shokeen, MD](#), recently told us.
- **Ingredients:** Mineral formulas are made with zinc oxide or titanium dioxide.
- **Why they're great for mature skin:** "They're great for sensitive or thinning skin, which can become more common over time," says Dr. Spearman. Mineral sunscreens are also less likely to cause irritation.
- **What else to know:** Mineral sunscreens are naturally broad-spectrum, meaning they guard our skin from UVA and UVB rays. They also provide instant protection compared to chemical sunscreens, which require 15 to 20 minutes to bind to the skin.

Chemical Sunscreens

- On the other hand, these sunscreens use chemical ingredients to create a chemical reaction that protects your skin from harmful UV

rays.

- **Ingredients:** The most common active ingredients are avobenzone, homosalate, octisalate, octinoxate, and octocrylene.
- **So how do they work?** "Chemical filters absorb the sun's rays, deflecting their damage by turning them into heat," board-certified dermatologist [Dr. Divya Shokeen, MD](#), previously told us in our guide to [physical sunscreens](#).
- **They're cosmetically elegant:** Unlike mineral sunscreens, chemical sunscreens don't leave behind an ashy finish to Brown and Black skin.
- **What else to know:** They can irritate sensitive skin and require a 15-20 minute waiting period before sun exposure.

Other Standout Ingredients

Hydrators

Mature skin tends to be drier, so Dr. King and Dr. Frieling, recommend moisturizing formulations that contain humectant and emollient ingredients to hydrate the skin and support the skin barrier. Some popular hydrating ingredients, include hyaluronic acid, glycerin, and ceramides.

Antioxidants

Next up are antioxidants, which include green tea extract, niacinamide, and vitamins C and E. They're calming agents that support skin health and help reduce irritation, says Dr. Spearman.

Consistency

Sunscreens come in various consistences, including creams, lotions, liquids and powders.

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- **Thicker creams**, like [Olay](#), can be especially helpful by moisturizing the skin and protecting its natural barrier.
- **Lotions**, such as [EltaMD](#), are usually lightweight, but can offer plenty of hydration if they're formulated for your dry and normal skin types.

Liquids, including [Isdin](#), have a thinner consistency that are easy to blend. They can work with all skin types, but I suggest them for combination and oily skin types because they're featherlight on my face.

- **Powders**, like [Brush on Block](#), are great for oily skin types and touch-ups throughout the day. Think of them as your summer-ready translucent powder.

So, what does this all mean for you? Dr. Spearman argues that the best sunscreen is the one that you'll actually wear consistently. Regardless of which consistency you prefer, the ultimate goal is to use a sunscreen that feels nourishing and comfortable makes it easier to use regularly, which is essential for maintaining healthy skin as we age, says Dr. Spearman.

How We Chose

As a member of our beauty team, I'm always on the hunt for best in class products worth the hype—and sunscreens for mature skin are no exception. After consulting our medical experts for their shopping guidance, I asked them about their all-time favorite sunscreens for mature skin. Next, I rummaged through the extensive collection of face sunscreens in my apartment and the *Women's Health* beauty closet to ensure I had my hands on a slew of products aligned with expert guidance. After putting together a list of 20 contenders—old favorites and promising launches— I began whittling down my list.

What Else Did I Evaluate?

Beyond prioritizing key factors the pros highlighted—the best active ingredients, other standout ingredients, and consistencies—I also

factored in pricing, product availability, and average star rating from e-commerce websites we trust, like Sephora, Amazon, and Ulta.

Testing Window

Sunscreen is my desert island beauty product, so I've had plenty of testing experience while writing and updating our plethora of skincare content, ranging from the [best sunscreens](#) and [face sunscreens](#) to covering seasonal [Amazon beauty favorites](#). For this story, I used some of these sunscreens for up to one year. Some of these sunscreens are newer introductions to my routine, but I used most of them for at least four weeks.

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I kept a close eye on both the short- and long-term efficacy of each sunscreen, like if it settled into my fine lines throughout the day and if it helped with hyperpigmentation, redness, and flaky skin. I also paid attention to how it applied, wore on its own, and when layered with other beauty products. I also considered how long each container lasts and calculated the cost per use for pricier recommendations. Lastly, I spent time weighing the pros and cons to determine if I'd actually repurchase each sunscreen, or if there are cheaper, yet equally effective alternatives.

Lastly, for anything that I didn't personally test, I ensured they were recommended by the dermatologists. And be sure to bookmark this page as I plan on updating this story with my testing notes in the near future after evaluating their efficacy. Ahead, are the fruits of my testing labor and research process.

Isdin Eryfotona Ageless Sunscreen

Neutrogena Invisible Daily Defense

EltaMD UV Daily Broad-Spectrum SPF 40



EltaMD and Lucy Kirk

[EltaMD UV Daily Broad-Spectrum SPF 40](#)

I've spent nine years covering the beauty industry, and many dermatologists that I consult almost always namecheck EltaMD as one of their favorites.

While the cult-favorite Clear sunscreen is on-point (and featured on this list!), UV Daily is an underrated workhorse that deserves a spot in your routine. It has even earned approval from one of my most trusted experts: board-certified dermatologist [Dr. Hadley King, MD](#).

The whipped consistency is delicate and has a moisturizing, lightweight feel that quickly absorbs into the skin without excessive rubbing. Dr. King describes UV Daily as a very nice formulation that contains sodium

hyaluronate, aka hyaluronic acid, to hydrate the skin and vitamin E to provide antioxidant properties. Reach for this face sunscreen if you have dry, normal, or combo skin and want to prioritize hydration without compromising on sun protection.

Even better? You can snag this limited-edition bottle of UV Daily SPF 40 and do good for your skin and the beauty community. In honor of Skin Cancer Awareness Month, the brand tapped artist Lucy Kirk to design this colorful bottle of sunscreen. For every bottle sold, EltaMD will donate one sunscreen to the Melanoma Research Foundation *to help raise skin cancer awareness and prevention.*



Pros

- Fragrance-, dye-, oil-, and paraben-free
- Hypoallergenic, making it a safe option for dry skin



Cons

- Works best on fair and medium skin tones

[\\$41 at eltamd.com](https://www.eltamd.com)

Olay Super Cream SPF 30

Brush On Block SPF 30 Mineral Powder Sunscreen

MDSolarSciences Mineral Moisture Defense SPF 50

Ultra Violette Velvet Screen SPF 50

EltaMD Clear SPF 46



Meet The Experts[Dr. Dara Spearman, MD, FAAD](#), is a board-certified dermatologist and founder of [Radiant Dermatology Associates](#) in Indiana. [Dr. Gretchen Frieling, MD](#), is a triple board-certified dermatopathologist and the founder of [GFaceMD](#) in Wellesley, MA. [Dr. Brendan Camp, MD, FAAD](#), is a double board-certified dermatologist practicing at [MDCS in New York](#). [Dr. Hadley King, MD, FAAD](#), is a board-certified dermatologist based in New York. She is an associate professor of dermatology at Weill Cornell School of Dermatology. [Dr. Sinae Kane, MD](#), is a board-certified dermatologist treating adults and children. She is the owner of [Greenbrae Dermatology](#) in Marin County, California. [Dr. Gary Goldenberg, MD](#), is a board-certified dermatologist and founder of [Goldenberg Dermatology](#) in New York City.



How Much Sunscreen Do I Need To Use?

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Truthfully, most people aren't applying enough sunscreen. We need about a shot glass worth of product on the exposed area of our face and body, says Dr. King. And about a quarter-sized dollop from that shot glass should be used on our face and neck, according to the scientific research we vetted and dermatologists we consulted in our guide to [how much sunscreen to use on your face](#).

"This recommendation is for all times of the year," says Dr. King. "The difference will be more exposed areas to cover when the weather is warmer, and more time outside means that it's important to emphasize reapplying every two hours and after swimming or sweating."

Also don't forget areas like your neck, ears, back of hands, and tops of feet. And since many people experience some degree of hair thinning of the hair and widening of the part as we age, she recommends protecting the scalp with a hat or consider a translucent powder sunscreen.

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