

BRIT + CO

6 Surprising Sun Protection Hacks for Summer

Alexis Farah | Aug 2, 2017

By now you're well aware of the golden rule of skin care: Stay protected from the sun. You've stocked your beach bag with SPF, learned to reapply like it's your job, and found the most stylish hat to shade your frame. But as of late, crafty new ways to shield harmful UV rays have come to light. We tapped top experts to reveal the stealthy new methods to boost your sun protection repertoire.



3. Double up on topical antioxidants. "I add topical and oral antioxidants to my skin care in extra high doses in the summer. Both have been shown to increase the innate SPF of the skin."—
Ava Shamban, Beverly Hills dermatologist and founder of SKINxFIVE (Photo via Brit + Co)

<https://www.brit.co/surprising-sun-protection-hacks/>