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Why You Need to Apply Sunscreen Under Your Beard (And Other Essential Skin Care Tips For Men)

Noma Hazish | June 30, 2019



Don't skip moisturizing.

Your skin loses natural moisture every time you wash it. This is why applying a moisturizer right after cleansing or shaving is essential to keep your skin healthy and hydrated. "I have noticed that men who start using moisturizer and sunscreen get a dramatic improvement in the appearance of their skin within weeks," notes [Dr. Anna Guanche](#), a California-based board-certified dermatologist and founder of the Bella Skin Institute. Try Bulldog's Original Moisturizer, Bleu de Chanel 2-In-1 Moisturizer For Face And Beard or Kiehl's Facial Fuel Energizing Moisture Treatment.

Exfoliate once a week.

Exfoliate once or twice a week to slough off the build-up of sebum, dead skin cells and other impurities. "Gentle exfoliation also helps with hyperpigmentation or brown spots, reduces acne breakouts and keeps the skin appearing fresh and bright," says Dr. Guanche. Try Baxter Of California Facial Scrub, Malin+Goetz Jojoba Face Scrub or DTRT First thing First Face Scrub. If you want to further deep clean your pores, "apply a clay-based mask, like Revision Skincare's Black Mask, once a week. Leave it on for around ten minutes before you shower, then rinse it and follow with your usual shave," suggests Dr. Nussbaum.



Swap the aftershave with an antioxidant serum.

"Instead of a traditional aftershave, use an antioxidant-rich serum like SkinBetter Science Alto to brighten your complexion and counteract the day's sun effects," says Dr. Nussbaum. Meanwhile, if you're prone to ingrown hairs, "apply a glycolic-based toner right after shaving," recommends Dr. Guanche. Try The Ordinary's Glycolic Acid 7% Toning Solution or Clinique For Men's Exfoliating Tonic.

Wear sunscreen every single day.

Whether it's cloudy, sunny, rainy or snowing, wear sunscreen before stepping out of the house, without any exception. "Even your morning run and walking to lunch count as sun exposure," Dr. Nussbaum points out. For maximum protection, slather sunscreen 15-20 minutes before going out. "It's important to make sure that your back of the neck, ears and exposed scalp are also covered," says Dr. Guanche. "And don't forget to apply sunscreen under your beard as well," she advises. "I have caught quite a few skin cancers hidden in bearded areas. While beard does a great job of covering your skin from the sun, the harmful UV rays are still able to penetrate into your skin," the dermatologist explains. "I recommend Anthelios by La Roche Posay and Elta MD's UV Clear Broad-Spectrum SPF 46 Tinted Sunscreen," she says. For men who have very oily skin, Dr. Nussbaum recommends Olay's Sun Face Sunscreen Serum + Shine Control with SPF 35. In addition, "use hats and collars to cover up while you're outdoors, especially during peak hours (between 10am and 2pm) — when the sun is brightest and extremely damaging to the skin," tells Dr. Nussbaum.

Establish a nighttime skin care routine:

Just like your morning skin care routine (cleanse, shave, moisturize and apply sunscreen), a bedtime skin care regimen is also significant for repairing and nourishing your skin. At nighttime, after cleansing your face, apply a lightweight retinol serum or night cream like SkinBetter Science's AlphaRet Overnight Cream, suggests Dr. Nussbaum. "Retinol promotes skin cell turnover, reduces the appearance of wrinkles and fine lines and gives you a youthful complexion," explains the skin care expert. Also, invest in a good eye oil or eye cream. "Most men start to show signs of aging around the eyes first," tells Dr. Nussbaum. "A lightweight eye cream or eye oil with active ingredients helps smooth out fine lines around the eyes, soothes redness and reduces puffiness in the under-eye area," she explains. Try Brickell's Restoring Eye Cream, Image Skincare's Vital C Hydrating Eye Recovery Gel or Ernest Supplies' 360 Protective Eye Serum.

Use a lip balm.

Always carry a lip balm with you and apply it whenever your lips feel dry or chapped, suggests Dr. Guanche. "If you notice any color changes, specifically if there are areas on your lips that are whiter than the surrounding area, you may want to visit your local dermatologist for an evaluation," she adds.



When it comes to effective skin care, paying attention to what you're putting in your body is as important as what you're putting on your skin. So stock up on antioxidant-rich foods like blueberries, tomato, avocado, walnuts, strawberries, dark chocolate, bell peppers, olive oil and fatty fish. And cut back on junk food as it tends to dry out your skin and make it more susceptible to breakouts. Also, "make sure you drink lots of water every day," suggests Dr. Guanche. And watch your alcohol intake, especially sugary alcohol, as it makes your skin dull and dehydrated. Oh, and don't forget to get six to eight hours of restful sleep!

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