

Sun Protection Factor Chart

SPF = burning time X SPF Number

Example: If you burn in 20 minutes SPF 30 will give you 600 minutes (10 hours) of burning protection from UVB rays.

***UVA rays should be 1/3 of SPF protection (EU test)**

SPF SELECTION GUIDE

Hours Outdoors	Skin Tone				
	Very Fair Never tans, always burns	Fair Tans slowly, burns easily	Light Usually burns first	Medium Burns minimally	Dark Rarely burns
1	SPF 30	SPF 15	SPF 15	SPF 8-14	SPF 8-14
2	SPF 30	SPF 30	SPF 30	SPF 15	SPF 8-14
3	SPF 50+	SPF 50+	SPF 30	SPF 15	SPF 15
4	SPF 50-100	SPF 50+	SPF 30	SPF 30	SPF 15
5	SPF 50-100	SPF 50-100	SPF 50-100	SPF 50+	SPF 30

Reapply at least every 2 hours or as directed on package to help ensure adequate protection.