

# THE MANUAL

## YES, YOU NEED SPF EVEN IN THE WINTER

You know how in the summer there are a flurry of stories about seemingly summer-specific topics like sunglasses and refreshing cocktails and sun protection and then when the weather takes a turn for the freezing, there are not.

And yet in spite of the weather, there is still a need for all those things. So we're here to ensure you that you still need to be slathering on the sunscreen.

“I tell all of my male patients to wear an SPF 365 days a year, no matter what time of year it is,” says dermatologist [Paul Jarrod Frank](#). “The sun’s harmful UV rays are just as strong in the fall and winter months, even though there is less exposure.” Rather than a straight-up sunblock during the colder months, Dr. Frank advises picking a daily moisturizer with SPF so you get the one-two punch of hydration and protection, and applying it at least 30 minutes before going out so it has time to fully absorb. (The exception: If you’re hitting the slopes, in which case, you need to basically wear what you would to the beach as the snow acts like one of those old school silver reflectors.) Here are our top picks for the best sunscreen for winter.