

## The Seven Most Common Sunscreen Myths—Debunked!

By Sarah Ferguson, Assistant Digital Producer

Let's be honest—we've all been guilty of being negligent in our use of [sunscreen](#) at one time or another. Sometimes it's out of pure laziness, other times it's the result of skewed logic—like the belief that a sunburn will turn into [a gorgeous tan](#). But there are also a lot of misconceptions and unknown facts about the stuff out there, too.

So I turned to [New York-based dermatologist Dr. Paul Frank](#) to set the record straight on some of the most common sunscreen myths around.

Read on for everything you *need* to know before lathering up this summer.



### *MYTH SPF 50 has the same effect as SPF 30*

"What is important is that the ingredients contain a physical block such as zinc oxide or titanium oxide, which will deflect harmful rays—as opposed to a chemical block such as octinoxate, which absorbs rays. Both are sunblocks, but physical sunscreens provide better protection. Therefore, the ingredients are key—not necessarily the SPF number.

I suggest a broad spectrum SPF 30 and it should be reapplied every 1-2 hours; they're changing laws now because one company's 50 is another company's 70—what's key is that it is broad spectrum and you're diligent about reapplying."