This summer, commit to staying healthy and beautiful by protecting your skin.

**SUNSCREEN**
Use sunscreens that offer broad spectrum protection — against both ultraviolet A (UVA) and ultraviolet B (UVB) rays — and that have a skin protection factor (SPF) of 30 or higher.

To ensure complete coverage of your face and body, use 1 ounce of sunscreen (2 tablespoons worth) per application. For the face alone, use a nickel-sized amount.

For spray sunscreens, apply until you see an even sheen all over your face and body.

Reapply sunscreen at least every two hours, and more frequently after water exposure, heavy sweating or toweling off.

**SUNGLASSES**
Choose sunglasses that are clearly labeled with UVA and UVB protection, as darkness and color of sunglasses do not mean they protect against ultraviolet rays.

**HATS**
Choose a hat with tightly woven fabric and a wide brim (2 inches or more) all around to shield your face and scalp.

**SUN-SHIELDING ACCESSORIES**
Gloves, slip-on sleeves, scarves, bandanas and umbrellas can offer additional skin protection from UV rays.

Skin cancer is the most common type of cancer — diagnosed in over 3 MILLION AMERICANS each year — and many cases happen as a result of the sun’s ultraviolet (UV) rays. Prolonged exposure to UV light can cause skin to age prematurely, resulting in wrinkles, looseness and dark patches.