

CORRECT SUNSCREEN APPLICATION





Apply sunscreen at least

20 minutes
before sun exposure



You need at least

7 teaspoons
for a full body application.
One for each arm, each leg,
your front, your back,
face, neck and ears.

One teaspoon is equal to **5ml** of sunscreen

This means a full body application*

is 35ml of sunscreen







*35mL equals one full body:

- Front of body
- Back of body
- Face, neck and ears
- Arms and legs





For a Cancer Council 110mL tube, this is approx. 3 full body applications.

FRONT

BAC



Reapply sunscreen after

2 hours, or sooner

if you've been swimming, sweating or towel drying.

Do a test

if it's a first time use, or if you're applying to sensitive skin. If irritation occurs, discontinue use.

