

Beauty Trend: Why To Consider Makeup With Sunscreen For Summer



By [Jessica Gomez](#)

A huge beauty tip that you need to know now is to always use sunscreen to protect your skin. With that being said, it is a good thing that using makeup with sunscreen for the summer is a [beauty trend](#), because it's a healthy and important one. There are many benefits from using sunscreen, period, and you would want those even with your makeup. There are many dangers that come from sun damage, and we want to avoid those.

Using makeup with SPF along with sunscreen is a beauty trend now, and here is why:

Ideally, you should always use a sunscreen with SPF 30 or greater, and should apply it every two hours to give your skin the protection it needs. Here are a few reasons why you need SPF in your makeup and have to marry it to sunscreen, especially in the summer:

1. The SPF in makeup alone does not protect you: You would need seven to 14 more times the amount of makeup for it to offer the protection sunscreen provides. Also, we sometimes apply sunscreen unevenly, so having makeup with SPF can help you achieve an even layer across your face. It is important to protect your eyes as well, so get yourself an eye cream with SPF.

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2. Avoid aging: Using makeup that is natural with SPF is the way to go to avoid getting wrinkly, along with anti-aging skin care products of course. Use the powerful duo of sunscreen and makeup with SPF as an extra defense against wrinkles!

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3. Avoid skin cancer: The sun's rays are pretty damaging, which is why it is recommended to use sunscreen always, during all seasons (yes, even in the winter!). Using makeup with SPF is just an extra precaution. So partner these two up to protect yourself and wear them religiously.

How many of you wear makeup with SPF and sunscreen already and how many do not? Comment below!