

Sunscreen + makeup: reapplication plan

Plan your time outdoors and record when you reapply sunscreen.

Product name, SPF and UVA/broad-spectrum marking: _____

Label directions: how much, how long to wait and when to reapply: _____

First application time: _____

Where I'll be outdoors and for how long: _____

Before going out

- ☐ Cover face, ears, neck and other exposed skin.
- ☐ Wait as directed before sun exposure.
- ☐ Pat on foundation after sunscreen has settled.
- ☐ Pack a hat, SPF 30+ lip balm and clean cotton pads.

When to reapply

- ☐ While outdoors: about every two hours, following the label.
- ☐ After swimming or sweating: reapply right away.
- ☐ Check ears and hairline; record the reapplication time.
- ☐ Plan your next reapplication.

Reapply over makeup

- ☐ Find shade, clean your hands and blot away sweat.
- ☐ Try sunscreen on one cheek; if foundation clumps, gently remove the buildup.
- ☐ Reapply sunscreen to the whole face and exposed skin before touching up makeup.

Kit: sunscreen, mirror, cotton pads, gentle makeup remover and touch-up makeup.

Reapplication log

Record each reapplication and plan the next one.

Time / situation	Swimming / sweating	What I did	Problem / next reapplication
1			Issue: _____ Next reapplication: _____
2			Issue: _____ Next reapplication: _____
3			Issue: _____ Next reapplication: _____
4			Issue: _____ Next reapplication: _____

Makeup with SPF does not replace sunscreen. A higher SPF does not mean you can wait longer to reapply.

Sources: American Academy of Dermatology

[How to apply sunscreen](#)

[Sunscreen FAQs](#)