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- 1 oz. of sunscreen (about one shot glass full) should be applied to achieve the maximum SPF
- Apply sunscreen 30 minutes before sun exposure to allow the ingredients to fully bind to the skin.
- Sunscreen should be reapplied every 2 hours for optimal protection (1 oz. for each application) and immediately after swimming, toweling off, or sweating a great deal.
- Don’t rely on “Waterproof” and “sweatproof” sunscreens, a “water resistant” claim must specify how long the sunscreen can stand up to swimming or sweating.

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