

7 skin types and the sun

Skin Type	Description	Maximum MED unprotected	Product to use first few days	Product to use following days	Possible sun exposure for skin type
Children's skin	Thinner than adult's skin, and thickness of the horny layer is not as well developed. Thus more UVA-rays can penetrate the deeper-lying skin layers. The skin's most important UV-protection (the ability to tan) is slower and not intensively formed.	±5 min	SPF50+ Lotion / Spray	–	3–5 hours
Very sensitive skin	Exposure to the sun will result in an over-sensitive reaction of the skin. Skin prone to allergy that manifests itself in the form of a rash and blisters, accompanied by itching.	±5 min	SPF50 / 50+ Lotion / Spray	–	3–5 hours
Very fair skin	Burns easily, never tans. Sensitive, very pale skin, blonde or fair hair, blue or grey eyes and freckles. The skin does not tan brown, just goes red. Redness disappears with no tan remaining.	±10 min	SPF50 / 50+ Lotion / Spray	–	3–5 hours
Fair skin	Pale skin, blonde or dark-blonde hair, blue, green or grey eyes and tend to have freckles. The skin burns easily with little tanning,	±15 min	SPF50 / 50+ Lotion / Spray	SPF30 Lotion / Spray	4–6 hours
Normal skin	Lightly tanned skin, brown eyes, blonde to brunette coloured hair and no freckles. Skin burns rarely, becomes brown quickly.	±20 min	SPF30 Lotion / Spray	SPF20 Lotion / Spray	3–6 hours
Dark skin and ethnic skin	Brown, black or olive coloured skin and dark eyes. They become brown very fast and hardly ever get sunburnt.	±30 min	SPF30 Lotion / Spray	SPF15 Lotion	4–7 hours
Very dark pre-tanned skin	Non-sensitive, pre-tanned skin. For deep tanning only.	±30 min	SPF 6 Spray Low Protection	SPF 6 Oil Spray Low Protection	2–3 hours

* provided by NIVEA and CANSA