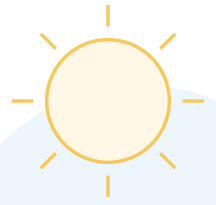




COMFORT MIND BODY



The Sunscreen Match Workbook

Choose, wear-test and reapply with a plan that fits real life.

1. PROTECT

Start with broad-spectrum SPF 30+.

2. MATCH

Compare exposure, texture and format.

3. TEST

Check comfort, pilling and eye sting.

4. PLAN

Build a realistic reapplication routine.

Read the complete sunscreen guide

<https://comfortmindbody.com/how-to-choose-sunscreen/>

Printable educational workbook - not medical advice

Created by Comfort Mind Body

www.comfortmindbody.com

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Start With Protection

Texture matters only after the label meets the day

BROAD-SPECTRUM

Look for UVA and UVB coverage on the label.

SPF 30 OR HIGHER

The AAD recommends SPF 30+ for exposed skin.

WATER RESISTANCE

For swimming or sweating, check for 40 or 80 minutes.

REALISTIC USE

Choose a formula that can be applied generously and reapplied.

My non-negotiables

- | | |
|--|---|
| ☐ Broad-spectrum SPF 30 or higher | ☐ Water resistant when swimming or sweating |
| ☐ Comfortable around my eyes | ☐ Works on my exposed neck, ears and chest |
| ☐ Compatible with makeup or facial hair | ☐ Portable enough for my planned reapplication |

Quick reality checks

- ☐ A higher SPF does not cancel the need to reapply.
- ☐ No sunscreen is waterproof or sweatproof.
- ☐ Makeup with SPF may not provide the same coverage as a separate, evenly applied sunscreen layer.
- ☐ Shade, clothing, hats and sunglasses remain part of sun protection.
- ☐ Follow the directions and warnings on the product label.

Match The Sunscreen To The Day

Complete this page before comparing finishes or trends

☐ Routine day

Commute, errands or brief outdoor time

☐ Outdoor day

Walking, gardening, sports or long exposure

☐ Water or sweat

Beach, pool, exercise or humid conditions

☐ Makeup day

Layering and touch-up practicality matter

My exposure forecast

Date / season / location

Expected outdoor window

Shade or protective clothing available

Swimming or sweating expected

Makeup, facial hair or contact lenses

Medications or treatments that may increase sun sensitivity

Protection plan for this day

☐ Broad-spectrum SPF 30+

☐ Water-resistant formula

☐ Higher-exposure SPF 50+ option

☐ Hat / shade / protective clothing

☐ Portable reapplication format

☐ Lip product with labeled SPF

My first choice and why

Sunscreen Label Decoder

Write what the package actually promises - not what an ad implies

Label field	What to record	My sunscreen
Broad-spectrum	UVA + UVB coverage stated	
SPF	Number printed on the label	
Water resistance	None, 40 minutes or 80 minutes	
Directions	When to apply and reapply	
Warnings	Eyes, broken skin, rash or age guidance	
Active ingredients	Copy from the Drug Facts panel	
Expiration / condition	Date, separation, odor or texture changes	

Label language to remember

- ☐ Water resistant means the labeled protection was tested for 40 or 80 minutes in water - not all day.
- ☐ The FDA does not allow waterproof, sweatproof or sunblock claims on U.S. sunscreen labels.
- ☐ A product should be protected from excessive heat and direct sun, according to its label.

Match Texture To The Skin Signal

Choose by comfort and use - not by skin-type stereotypes alone

SHINE OR HEAVINESS

Compare fluid, milk, gel or lighter lotion textures. Do not solve every shine concern by skipping moisturizer.

TIGHT OR DRY

Compare cream or moisturizing lotion textures. A separate moisturizer may still be useful.

REACTIVE OR STINGING

Compare simple, fragrance-free options. Mineral does not guarantee zero irritation.

BREAKOUT-PRONE

Compare lightweight, non-comedogenic-labeled formulas and remove the sunscreen comfortably at night.

My finish and comfort priorities

Lightweight feel

☐	☐	☐	☐	☐
		low		high

Moisturizing feel

☐	☐	☐	☐	☐
		low		high

Low-shine finish

☐	☐	☐	☐	☐
		low		high

No visible cast on my skin tone

☐	☐	☐	☐	☐
		low		high

Comfort around eyes

☐	☐	☐	☐	☐
		low		high

Do not assume

☐ Oily skin must use the driest possible sunscreen.

☐ Dry skin must use the richest possible sunscreen.

☐ A mineral sunscreen cannot sting or cause a reaction.

☐ A non-comedogenic label guarantees no breakouts.

Choose The Format By Job

The initial layer and the touch-up tool do not have to be identical

Format	Useful role	Reality check
Lotion / cream	Building an even initial layer	May feel richer; compare finish and spread
Fluid / milk	Light facial coverage and makeup layering	Shake if directed and apply enough
Stick	Portable targeted reapplication	One quick swipe may be too little
Spray	Convenient body application	Avoid inhalation; rub in when directed
Powder	Optional makeup-friendly touch-up	Usually weak as the only initial layer
Tinted	Cosmetic coverage and visible-light consideration	Tint and iron oxide content vary

My format plan

Initial layer

Portable reapplication

Body / water-resistant option

What could make this plan fail?

The Makeup Compatibility Wear Test

Test the complete routine before blaming one product

Test order

1. Apply thin skincare layers.
2. Let moisturizer settle if used.
3. Apply sunscreen evenly and generously.
4. Allow the layer to settle.
5. Apply makeup with minimal rubbing.

Checkpoint	What happened?	Keep / adjust
Immediately		
After 10 minutes		
After makeup		
Midday		
At reapplication		
At evening removal		

If pilling happens, check

- ☐ Too many layers
- ☐ Too much rubbing
- ☐ Insufficient settling time
- ☐ Incompatible textures
- ☐ Too much skincare underneath
- ☐ Formula changes or expired product

One-Day Sunscreen Wear Test

Use the same routine for a fairer comparison

Product

Date / weather

Amount / areas covered

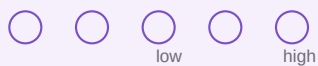
Routine underneath

Score the experience

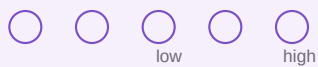
Spreadability



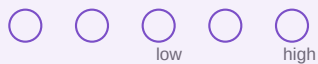
Initial comfort



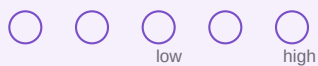
Eye comfort



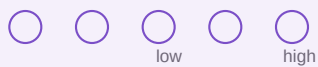
Finish on my skin tone



Makeup compatibility



Comfort by midday



Reapplication practicality



What actually happened?

Visible cast, shine or dryness

Stinging, watering or eye migration

Pilling, separation or makeup changes

Sweat, rubbing or transfer

How reapplication looked and felt

How the product removed at night

☐ Keep

☐ Retest

☐ Use for a different job

☐ Skip

Build A Reapplication Plan

A good plan includes the time, trigger, tool and place

When outdoors, the AAD advises reapplying sunscreen approximately every two hours and after swimming or sweating. Follow the product label; water-resistant products specify either 40 or 80 minutes.

Time / trigger	Area	Product or format	Where stored	Done

My likely failure points

- ☐ I forget the product at home.
- ☐ The format disturbs makeup.
- ☐ I do not know when swimming started.
- ☐ The product stings after sweating.
- ☐ I avoid reapplying because it feels heavy.
- ☐ I forget ears, neck, hands or lips.

One change that would make reapplication easier _____

Compare Three Sunscreens

Price is only useful when compared with protection, comfort and actual use

Comparison point	Option 1	Option 2	Option 3
Product			
Broad-spectrum / SPF			
Water resistance			
Format / finish			
Eye comfort			
Makeup compatibility			
Reapplication			
Amount / size			
Current price			
Cost per ounce / mL			
Best job			
Main drawback			

Decision

☐ Best everyday option

☐ Best outdoor option

☐ Best value

Why the winner fits my real routine

My Sunscreen Match Profile

Finish with a small sunscreen wardrobe - not an endless shopping list

My final matches

Everyday sunscreen

Outdoor / water-resistant sunscreen

Makeup-friendly sunscreen

Portable reapplication tool

Keep, retest or skip

KEEP - reliable enough to use consistently

RETEST - change one variable before deciding

SKIP - does not fit my comfort, exposure or reapplication needs

When to ask a professional

Seek qualified guidance for persistent rash, swelling, hives, blistering, severe burning, reactions to many products, unusual photosensitivity or concerns about medications and sun exposure. Trouble breathing or swelling of the face, lips, tongue or throat requires urgent medical care.

Trusted references

FDA: [Tips to Stay Safe in the Sun](#)

AAD: [How to Apply Sunscreen](#)

AAD: [How to Choose the Right Sunscreen](#)

Educational only. Follow the product label. This workbook does not diagnose or treat skin conditions.