



Step 1: Just a Smidge

Warm a smidge (pea-sized amount) in your palms (this is enough to cover your face).



Step 2: Spread Gently

Spread gently across your skin - there is no need for vigorous rubbing like you do with liquid sunscreens in plastic squeeze bottles. Our sunscreen spreads easily and doesn't leave a white cast.



Step 3: Repeat

Repeat the process using approximately a pea-sized amount for each body part i.e one for each arm, one for each leg and so on, until all areas of exposed skin are covered.



Step 4: Re-apply

Re-apply at least every 2 hours or as needed.