


A white, cylindrical tube of Biovera sunscreen is shown at an angle, with the brand name 'BIOVERA' printed in a dark, sans-serif font. The tube is set against a soft, out-of-focus green background.

BIOVERA

A close-up of a light-colored, woven straw hat with a dark band. The hat is positioned on the right side of the frame, partially overlapping the central text area. The background is a soft, greenish-grey.

SUNSHINE GUIDE

Your guide to
carefree sunbathing



Tips, tricks and interesting facts

1 Drink plenty of fluids

Spending time in the sun dehydrates the skin!

2 Never expose the skin to the blazing sun unprotected

Protect babies and small children from direct sunlight. Dress babies and small children in protective clothing and apply sunscreen with a high sun protection factor.

3 Apply sun cream generously

Small amounts of sunscreen reduce the effect of the sun protection factor. 2 mg of sun cream per square centimetre of body surface - this corresponds to approx. 3 tablespoons for the body surface of an adult.

4 Choose sun protection according to your skin type

Particularly fair, sensitive skin, skin that has not been pre-tanned or children's skin can be damaged after just a few minutes of sun exposure.

5 Don't miss a spot

Your lips, ears, nose and neck also need sufficient protection.

6 Give your body and skin a break

Always seek shade and avoid the sun, especially at lunchtime between 11.00 am and 3.00 pm.

7 Shake it!

Always shake sun milk and sun spray well before use.

8 Remember to reapply several times

Particularly after being in the water and towel-drying the skin. This also applies to waterproof products. Always reapply cream to areas that are exposed to a lot of friction.

9 Skincare products post sunbathing

After sunbathing, apply an after-sun product that contains sufficient moisture! It promotes skin regeneration.

Low protection
up to SPF 10

Very deep skin tones, skin that is not sensitive to the sun, dark hair and eyes, skin that practically never gets sunburnt

Medium protection
SPF 15, 20 and 25

Medium skin tones, dark brown hair, skin that is not sensitive to the sun, skin that tans easily and evenly

High protection
SPF 30 and 50

Fair skin tones, light hair, skin that is easily sunburnt, sensitive skin

Very high protection
SPF 50+

Very fair skin, reddish hair, highly sensitive skin, skin that gets sunburnt very quickly, skin with freckles, skin of babies and small children



Certified organic sun protection offers clear advantages

Skin protection: Mineral sun protection covers the skin in a reflective, ultra-fine layer without penetrating it. Synthetic sun protection, on the other hand, is suspected of disrupting the hormone balance. Synthetic UV filters need to be absorbed into the skin for around 30 minutes. They convert the UV rays into infrared energy. In the process, the synthetic UV filters are depleted and leave behind hormonally active substances, among other things. These can trigger allergies and intolerances.

Protecting the oceans: To protect the ocean and coral reefs, sun creams containing the two synthetic UV filters octinoxate and oxybenzone have been banned by law in the US State of Hawaii since January 2021.

Only natural fragrances and colourants: Nature gives us everything we need to ensure the desired quality in a natural way! Natural essential oils lend a summery fragrance. Colouring oils or colourful minerals are used to lend the formula its colour.



	Mineral sun protection (UV filters)	Chemical sun protection (UV filters)
Also known as:	Organic sun protection filters	Organic sun protection filters
Behaviour on the skin:	envelops the skin	penetrates the skin 
Balanced UVA/UVB protection:	yes	yes
Effectiveness:	immediate effect, UV rays are reflected on the skin (mirror effect)	effective after about 30 minutes, UV rays are converted into heat within the skin
INCI: (total declaration of ingredients)	Zinc Oxid, Titanium Dioxide	Octocrylene, Homosalate, Ethylhexyl Salicylate (Octisalate), Oxybenzone, Diethylamino Hydroxybenzoyl Hexyl Benzoate (DHHB), ...
Allergy potential:	low 	high
Coral Reef Safe:	yes, always!	Depends on the filter - oxybenzone, octocrylene, and octinoxate can damage coral reefs and are already banned in some countries (e.g. Hawaii)

FAVOURITE PRODUCTS

Our recommendations



Biosolis Sun Spray
SPF 50



Eco Cosmetics Sunmilk
sensitiv SPF 30



ey! Sun Fluid
SPF 30



Biosolis Sun Milk Sport
SPF 50



Acorelle Sun Spray
SPF 30



Odyskin Sunscreen
SPF 30



Sun care for babies + children

- ☀ Always use sun cream that is explicitly suitable for babies and small children.
- ☀ The sun cream should not contain any perfume, colourants or preservatives.
- ☀ The sun cream should have a sun protection factor (SPF) of at least 30. SPF 50 or 50+ is even better.
- ☀ Use a high waterproof sun cream for visits to the beach or swimming pool.
- ☀ Apply sun cream to babies and children even when they are in the shade. (e.g. talking a walk with the baby stroller)
- ☀ Proper clothing is essential for protecting the skin, especially when sun cream alone is not sufficient. Sunproof, airy clothing (shirt, trousers, hat)
- ☀ Reapply sun protection regularly and apply plenty of sun cream. Splashing around in water, sweating or contact with clothing will wear off the effect of the sun cream.
- ☀ **IMPORTANT:** Even regular reapplication of sun cream does not extend the period of protection provided by the sun protection factor.
- ☀ In the evening: Rinse off the sun cream/shower and moisturise children's sensitive skin with a moisturising lotion containing organic almond oil, for example.

Our product recommendations



Eco Cosmetics Baby Neutral SPF 50+



Biosolis Kids SPF 50+



ey! KIDS Sun Fluid SPF 50+ neutral



Odyskin Sunscreen SPF 50

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