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Beauty / Skin Care

# The best sunscreens for mature skin, according to dermatologists over 40

By [Noelle Ike](#), CNN Underscored  
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Sophie Shaw/CNN Underscored

### Sunscreen for mature skin quick picks

- An invisible, everyday sunscreen: [La Roche-Posay Anthelios UV Hydra Invisible Sunscreen](#)
- An anti-aging mineral SPF: [Isdin Eryfotona Actinica Mineral Sunscreen SPF 50+](#)
- A sheer coverage tinted SPF: [ElaMD UV AOX Elements Tinted Mineral Face Sunscreen Lotion](#)
- A sunscreen stick for easy reapplication: [MDSolarSciences Solar Stick SPF 40](#)

The best sunscreen is one that you look forward to putting on every day, and it’s no different when it comes to the best sunscreens for [mature skin](#). As we get older, the requirements of a great [skin care](#) product evolve with our needs. For instance, for those who’ve [entered their 40s](#) (whether recently or years ago), it makes sense to be looking for a [face sunscreen](#) that’s deeply hydrating, protective against a range of environmental stressors or even capable of reversing existing sun damage.

The benefits of sunscreen, both aesthetic and practical, become even more critical as we age. Sure, there are fine lines and dark spots to worry about, but following [sun safety](#) best

### What's in this guide

- ↓ The best sunscreens for mature skin
- ↓ The best tinted sunscreens for mature skin
- ↓ The best sheer sunscreens for mature skin
- ↓ The best sunscreen sticks for mature skin
- ↓ How to choose the best sunscreen for mature skin
- ↓ FAQs
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## The best sunscreens for mature skin

### [Isdin Eryfotona Actinica Mineral Sunscreen SPF 50+](#)



Amazon

This extremely lightweight [mineral sunscreen](#) is a go-to for several of our experts. It's "wonderful for mature skin that needs both prevention and a boost in repairing past sun damage," said board-certified cosmetic dermatologist [Dr. Dendy Engelman](#), who recommends it as one of her top choices for daily use, particularly if you're concerned about actinic damage or pre-cancers. Board-certified dermatologist [Dr. Robyn Gmyrek](#) added that it's a great option for normal to oily skin types with existing sun damage.

From \$46 at Amazon

From \$46 at Sephora

From \$46 at Dermstore

### [La Roche-Posay Anthelios UV Correct Sunscreen SPF 70](#)



Ulta Beauty

"This sunscreen is [packed with niacinamide](#) and antioxidants to visibly improve skin texture and tone over time," Gmyrek said. "It's great for dry or mature skin and wears beautifully under makeup." [Olga Skydan](#), a licensed aesthetician who holds a dermatology degree in Ukraine agreed, adding that she loves how it doesn't feel sticky or overly matte but rather dries down quickly to a natural finish. "It's great for those with sun damage, dark spots or anyone who wants to simplify their routine by combining sunscreen with corrective care," she said.

\$37 at Amazon

\$37 at La Roche-Posay

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Amazon

Engelman said. "It combines high-level UV and pollution protection with powerful antioxidants, making it ideal for aging skin exposed to urban stressors."

\$73 at Amazon



#### RELATED ARTICLE

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## The best tinted sunscreens for mature skin

### Isdin Eryfotona Ageless Tinted Mineral Sunscreen SPF 50



Amazon

Board-certified dermatologist [Dr. Azadeh Shirazi](#) said this lightweight mineral sunscreen blends into your skin easily while supporting collagen health. It's also a favorite of double board-certified dermatologist and Mohs surgeon [Dr. Jaimie Glick](#), who also noted that it's formulated with patented DNA Repairsomes, "which have been clinically proven to repair existing sun damage," she said.

From \$50 at Amazon

From \$50 at Sephora

From \$50 at Dermstore

\$50 at Isdin

### EltaMD UV AOX Elements Tinted Mineral Face Sunscreen Lotion



Another favorite among our experts, this gentle tinted sunscreen is formulated with zinc oxide and titanium dioxide. Shirazi said this makes it an ideal option for mature, sensitive or post-procedure skin. It also contains "hyaluronic acid for hydration and iron oxides to protect against visible light, which is key for preventing

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From \$45 at Amazon

\$45 at Dermstore

### Epionce Daily Shield Tinted Sunscreen SPF 50



Amazon

This water-resistant tinted sunscreen is a fan-favorite among board-certified dermatologist [Dr. Brenda Pellicane](#)'s clientele. "Patients love the hydrating formulation and the universal tint that evens out skin tone while imparting a natural-looking healthy glow," she said.

\$42 \$34 at Amazon

\$42 \$34 at Dermstore

### Alastin Skincare HydraTint Pro Mineral Sunscreen SPF 36



Amazon

According to Glick, aging often goes hand in hand with drier skin. Because of this, she recommends that those with mature skin seek out mineral sunscreens, which are often less likely to cause irritation or an allergic reaction. She personally loves and uses this tinted option from Alastin.

\$82 \$76 at Amazon

\$79 at Alastin Skincare

Editor Favorite

### Colorescience Total Protection Face Shield Flex SPF 50



Dermstore

Skydan is a fan of this tinted mineral sunscreen, which adapts to your skin tone to give it a radiant and glowing finish without any heaviness. "I like that it feels more like a skin tint than a traditional sunscreen but still gives strong UV protection and shields against pollution and blue light," she said. Skydan recommends it especially for those with redness and melasma.

[Read our review](#)

\$58 at Amazon

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### iS Clinical PerfectTint Powder SPF 40



Dermstore

"Powder sunscreen formulations are an excellent option for SPF on the go," Pellicane said. Her favorite option is this conveniently packaged tinted powder, which in addition to being available in a couple different shades, "provides silky-smooth broad-spectrum coverage and simultaneously minimizes the appearance of pores."

[\\$82 at Amazon](#)

[\\$82 at Dermstore](#)

### MDSolarSciences Mineral Tinted Crème Sunscreen SPF 30



Amazon

Glick recommends tinted sunscreens, specifically those containing iron oxides — which she said are effective when it comes to preventing pigmentary disorder — for those with mature skin. One of her favorites is this silky and blendable option, which boasts a radiant yet natural matte finish.

[\\$35 at Amazon](#)

[\\$35 at Revolve](#)

[\\$35 at MDSolarSciences](#)

### Skinbetter Sunbetter Tone Smart Sunscreen Compact SPF 68



Skinbetter

"This is a fantastic multitasker," said Engelman, who uses this for both daily wear and for easy reapplication over makeup. "It's a mineral sunscreen in a sleek compact that offers SPF 68 protection, plus a subtle tint to blur imperfections," she said. "It's ideal for mature skin needing both defense and a polished finish."

[\\$65 at Skinbetter](#)

### AziMD Hydratint BB SPF 44

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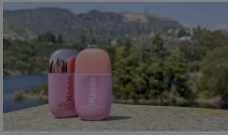
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\$65 at AziMD

AziMD



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## The best sheer sunscreens for mature skin

### La Roche-Posay Anthelios UV Hydra Invisible Sunscreen



Amazon

For an invisible formula, Shirazi recommends this chemical sunscreen, which boasts a hydrating and lotion-like texture that she describes as ideal for mature and dry skin. In addition to offering strong UVA and UVB protection, the formulation is enriched with glycerin as well as the brand's thermal spring water, both of which "help retain moisture and comfort sensitive skin," she said.

\$40 at Amazon

\$40 at CVS

\$40 at Ulta

\$40 at Walgreens

### Cetaphil Sheer Mineral Liquid Sunscreen SPF 50



Amazon

If you're looking for a gentle everyday sunscreen that's also ideal for sensitive skin, board-certified dermatologist [Dr. Ellen Marmur](#) recommends this affordable option. "It's lightweight and includes vitamin E," she said, which helps to soothe skin and restore your natural barrier.

\$13 at Target

\$16 at Ulta

\$16 at CVS

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Amazon

coverage without irritating additives, making it perfect for mature skin that's also delicate or prone to redness."

\$11 at Walgreens

\$12 at CVS

~~\$49~~ From \$15 at Amazon

\$19 at Ulta

## is Clinical Extreme Protect SPF 40



Amazon

Pellicane's personal favorite sunscreen is this mineral-based, broad-spectrum, transparent option. "It hydrates and softens the skin while providing an antioxidant-rich protective barrier," she said. It also boasts a proprietary combination of enzymes "proven to repair fragile proteins and DNA components," according to the dermatologist. In addition to this sheer option, it's available in three tinted shades.

~~\$85~~ \$42 at Walmart

\$85 at Amazon

\$89 at Dermstore

## CeraVe Hydrating Sheer Sunscreen SPF 30



Amazon

"This very affordable sunscreen features a combination of both mineral and chemical sun filters," Marmur said. Formulated with ingredients like hyaluronic acid, niacinamide and ceramides, it's a super-hydrating product and a great option for those with mature skin, she said.

~~\$48~~ From \$14 at Amazon

\$18 at CVS

From \$18 at Ulta

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Amazon

procedure," she added.

\$76 \$70 at Amazon

\$72 at Alastin

### Arbonne Fun Sun Mineral Sunscreen Lotion SPF 30



Arbonne

Gmyrek recommends this mineral, zinc oxide-based sunscreen that offers “a light, glowy finish that blends easily under makeup.” In addition to [being water-resistant](#), it contains glycerin, aloe, sunflower oil and green tea — ingredients that the dermatologist said help support a drier, mature skin barrier.

\$40 at Arbonne

## The best sunscreen sticks for mature skin

### MDSolarSciences Solar Stick SPF 40



Amazon

“This is my go-to for reapplying throughout the day or targeting delicate areas like the eyes, lips and nose,” Skydan said. “The formula glides on smoothly and has a silky, nongreasy finish that blurs imperfections without drying out the skin. I like that it's compact and easy to use on the go, especially for mature skin that needs midday touch-ups without disrupting makeup.”

\$22 at Amazon

\$22 at Dermstore

\$22 at FSA Store

### Shiseido Clear Sunscreen Stick SPF 50+



Glick recommends this clear sunscreen stick, perfect for SPF touch-ups and areas of your skin that are extra prone to burning. “Although not a mineral sunscreen, the product's easy

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\$32 at Ulta



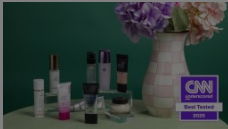
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## How to choose the best sunscreen for mature skin

When it comes to must-haves for mature skin-friendly sunscreen, our experts recommend a mineral-based, broad-spectrum sunscreen of SPF 30 or higher that also includes additional hydrating ingredients like hyaluronic acid, glycerin, ceramides or squalane — all of which help maintain the skin barrier. If you have sensitive skin, opt for mineral sunscreens with zinc oxide or titanium dioxide, which are less likely to be irritating to the skin.

“In addition to hydrating ingredients, I prioritize sunscreens that contain antioxidants, anti-aging and anti-inflammatory ingredients,” Pellicane said. “UV exposure can create free radicals in the skin, which damage skin cells and accelerate the aging process,” she added. Antioxidants like vitamins C and E [work to neutralize](#) these free radicals, preventing further damage to your skin cells and maintaining plump and elastic skin. “[Chronic inflammation](#) also contributes to skin aging, redness and irritation,” she said, and “many antioxidants — such as green tea extract and niacinamide — have anti-inflammatory properties that can calm the skin and reduce puffiness, redness or irritation.”



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In addition to formulation, consider whether you’d prefer a sheer or tinted sunscreen. “I personally prefer to wear a tinted SPF,” Shirazi said. “Not only does it offer broad-spectrum protection but many tinted formulas also contain iron oxides, which help protect against visible light and pigmentation, something I’m always mindful of as someone with melasma. A well-formulated tinted SPF can also even out the skin tone and give a healthy glow.”

All in all, what’s most important when it comes to your sunscreen is that you’re consistent about wearing it. “I always say the best sunscreen is the one you love to wear,” Shirazi said. “When a sunscreen feels good and enhances your skin, daily use becomes effortless, and that’s what matters most.”

## FAQs

The following FAQs have been answered by skin experts Dr. Dendy Engelman, Dr. Jaimie Glick, Dr. Robyn Gmyrek, Dr. Ellen Marmur, Dr. Brenda Pellicane and Dr. Azadeh Shirazi, and Olga Skydan.

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Sinai Hospital and Weill Cornell Medicine

- [Dr. Robyn Gmyrek](#), board-certified dermatologist at [Union Dermatology](#) in New York
- [Dr. Ellen Marmur](#), board-certified dermatologist at [Marmur Medical](#) and founder of [MMSkincare](#)
- [Dr. Brenda Pellicane](#), board-certified dermatologist and founder of [Icon Dermatology and Aesthetics](#) in Bethesda, Maryland
- [Dr. Azadeh Shirazi](#), board-certified dermatologist and founder of [La Jolla Laser Derm](#)
- [Olga Skydan](#), licensed aesthetician with a medical degree in dermatology in Ukraine and medical expert board member at [Luvly](#)

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### **Noelle Ike**

Former Editorial Coordinator



Noelle Ike is an editor and writer based in NYC, covering everything from fashion guides to beauty trends and gift guides. She joined CNN Underscored as an intern in 2018, as an editorial coordinator in 2019, and has been supporting the team as a contributing writer since 2020.

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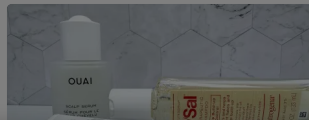
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