

All products are independently selected and reviewed by CNN Underscored editors. When you buy through links on our site, we may earn a commission. [Learn more](#)

Find the best products



Beauty / Skin Care

The best lip balms with SPF, according to dermatologists

By [Noelle Ike](#), CNN Underscored

Published 4:00 PM EDT, Fri July 10, 2026



There's no shortage of stellar [makeup with SPF](#), but the importance of extending that sun protection to your lips in the form of the best [lip balms](#) with SPF is often forgotten. If you're anything like me, it's likely you have tons of different lip balms in various bags and places around your home: some for [chapped lips](#), nourishing [lip masks](#), tinted balms for a quick touch-up, sheer plumping balms and the list goes on. Regardless of your stash, though, lip balms with SPF absolutely should be a part of your daily rotation this summer and beyond.

Ahead, we've consulted dermatologists on the importance of SPF in [maintaining healthy skin](#) and why your lips are particularly vulnerable, as well as rounded up some of their top sheer and tinted picks.

Best lip balms with SPF

[Aquaphor Lip Repair and Protect Stick, 2-Pack](#)



Walmart

\$8 at Walmart

\$11 at CVS

\$12 at Walgreens

A top pick among many of our experts, this Aquaphor SPF lip balm is a great option for those with chronically dry or sensitive lips, according to board-certified dermatologist [Dr. Whitney Hovenic](#). "It combines Aquaphor's well-known barrier-repair benefits with SPF

protection, making it particularly helpful for those who experience chapping, irritation or environmental dryness,” she said. That, plus the slightly richer, nourishing texture of the balm makes it equally suited to the summer and winter months.

While board-certified dermatologist [Dr. Azadeh Shirazi](#) loves the stick design, which makes reapplication easy to keep up with throughout the day, board-certified dermatologist [Dr. Christina Marcelus](#) is a fan of the clear and slightly sticky texture, which she describes as perfect for layering over your other lip products. “It’s also affordable and easy to find at most retailers, so it’s simple to restock or replace,” Marcelus said.

[Sun Bum Mineral Sunscreen Lip Balm SPF 30](#)



Amazon

\$4 at Amazon

\$4 at REI

\$4 at Ulta Beauty

For any active days in the water, Marcelus and Hovenic both recommend this [mineral sunscreen](#) lip balm, which acts as a shield against water reflection and harsh sunlight with up to 80 minutes of water-resistance. Affordable and accessible, it glides on smoothly and is fragrance-free. “I often recommend it for active individuals, beachgoers, anyone who needs a lip balm they’ll actually remember to reapply regularly,” Hovenic said.

Editor Favorite

[Sun Bum Lip 30 Sunscreen Lip Balm SPF 30](#)



Amazon

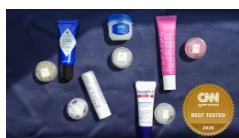
**\$10 From \$7
at Amazon**

**\$10 at Ulta
Beauty**

**\$10 at Sun
Bum**

\$11 at CVS

A pick from dermatologist-approved Sun Bum, this SPF lip balm is a favorite of CNN Underscored fashion and beauty editor [Sophie Shaw](#). “I love the [glossy lip balms](#) from Summer Fridays, Rhode, Ole Henriksen, but none of them have sun protection,” she said. “This Sun Bum option gives me that same glazed look while also offering SPF 30. It comes in clear and a few tinted shades, so it really doubles as makeup too.” Plus, she added, the coconut flavor is a nice tropical touch for summer.

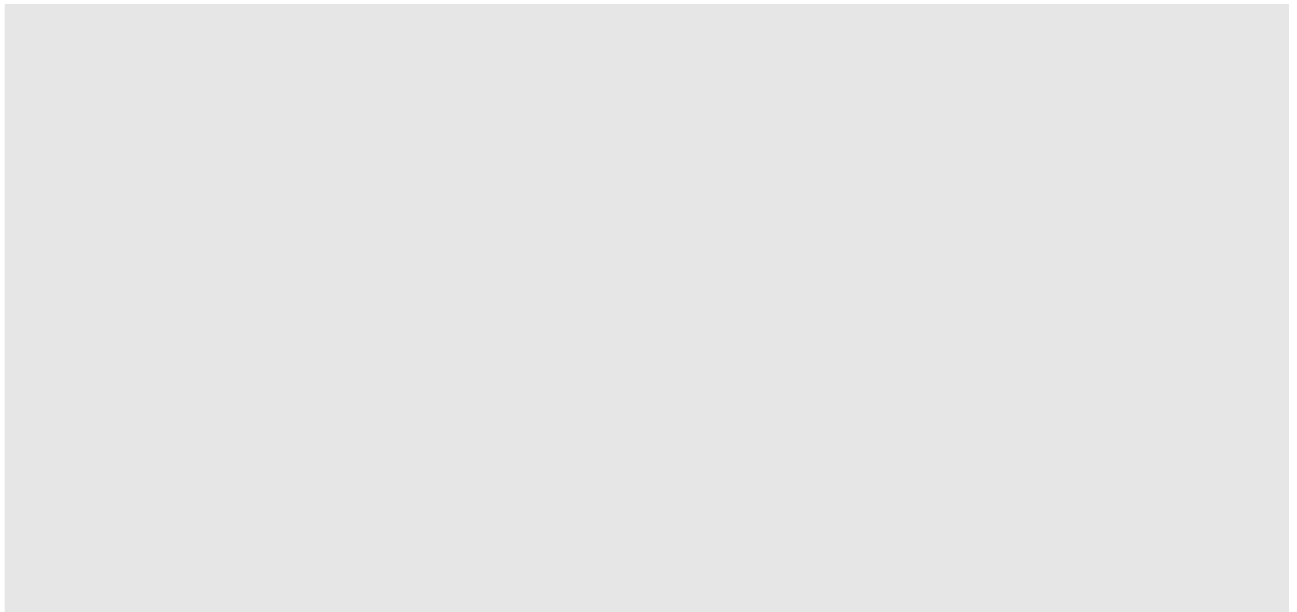


RELATED ARTICLE

We tested 10 lip balms without labels or brand bias for weeks. Only 3 kept our lips soft for hours

[Supergoop! Play Lip Balm SPF 30](#)





Amazon

~~\$12~~ **\$10 at
Amazon**

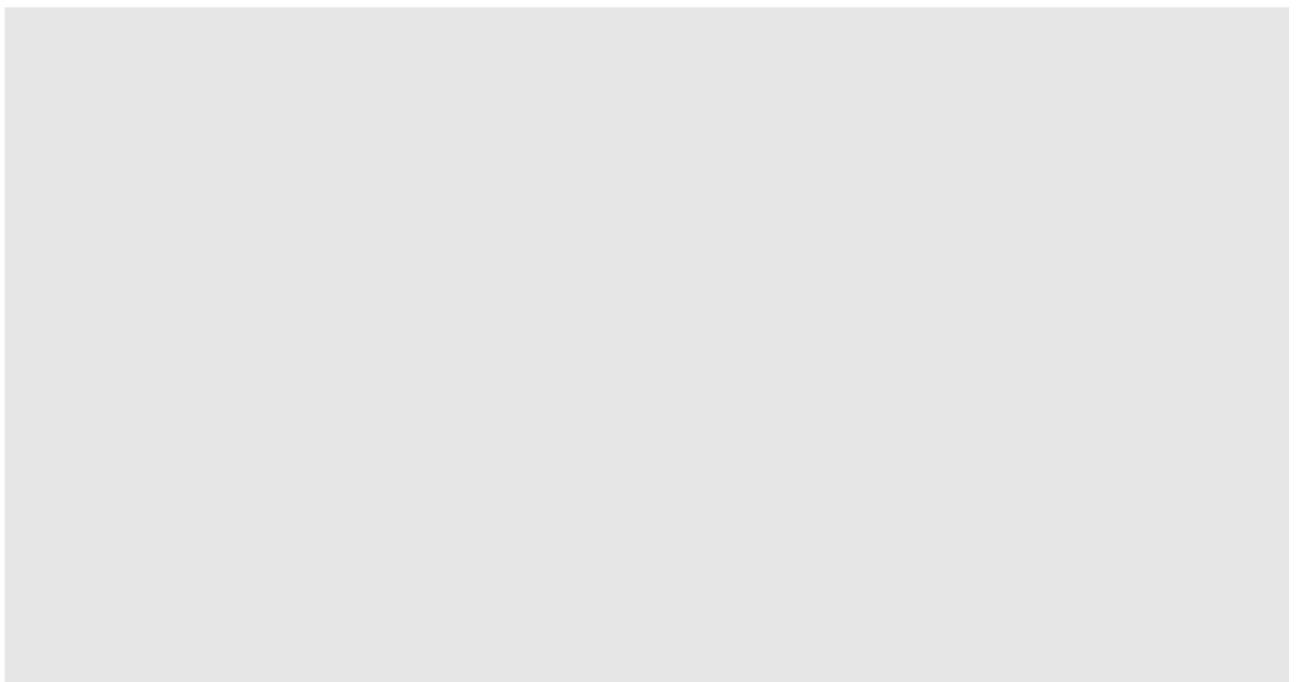
**\$12 at Ulta
Beauty**

**\$12 at
Nordstrom**

**\$12 at
Supergoop!**

Board-certified dermatologist [Dr. Dara Spearman](#) recommends this mint SPF lip balm from Supergoop!, which is available in a mint and an [acai option](#). “It’s made with shea butter, which is a reliable ingredient known for maintaining moisture and leaving skin as soft as ever,” Spearman said. It will protect your lips against UVA and UVB radiation, she added, while keeping them hydrated and comfortable.

[Vacation Classic Whip Lip Balm SPF 30](#)



Ulta Beauty

~~\$14~~ **\$10** at
Ulta Beauty

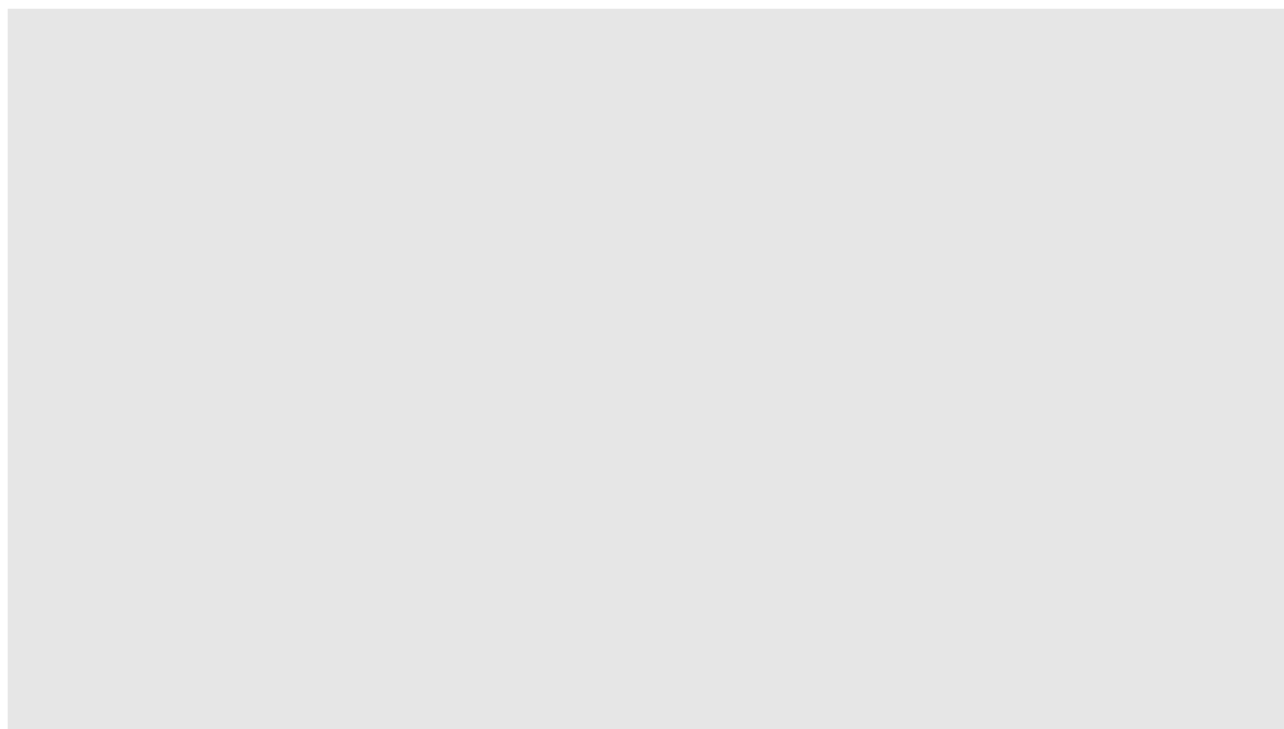
\$14 at
Amazon

\$14 at
Sephora

\$14 at
Vacation

“This is a fun, protective lip balm with broad-spectrum SPF 30,” board-certified dermatologist [Dr. Elizabeth K. Hale](#) said. “It has a lightweight formula that really melts into your lips and doesn’t leave them feeling sticky.”

[Sun Plus Solar Calm Lip Balm SPF 25](#)



Sun Plus

\$11 at Sun Plus

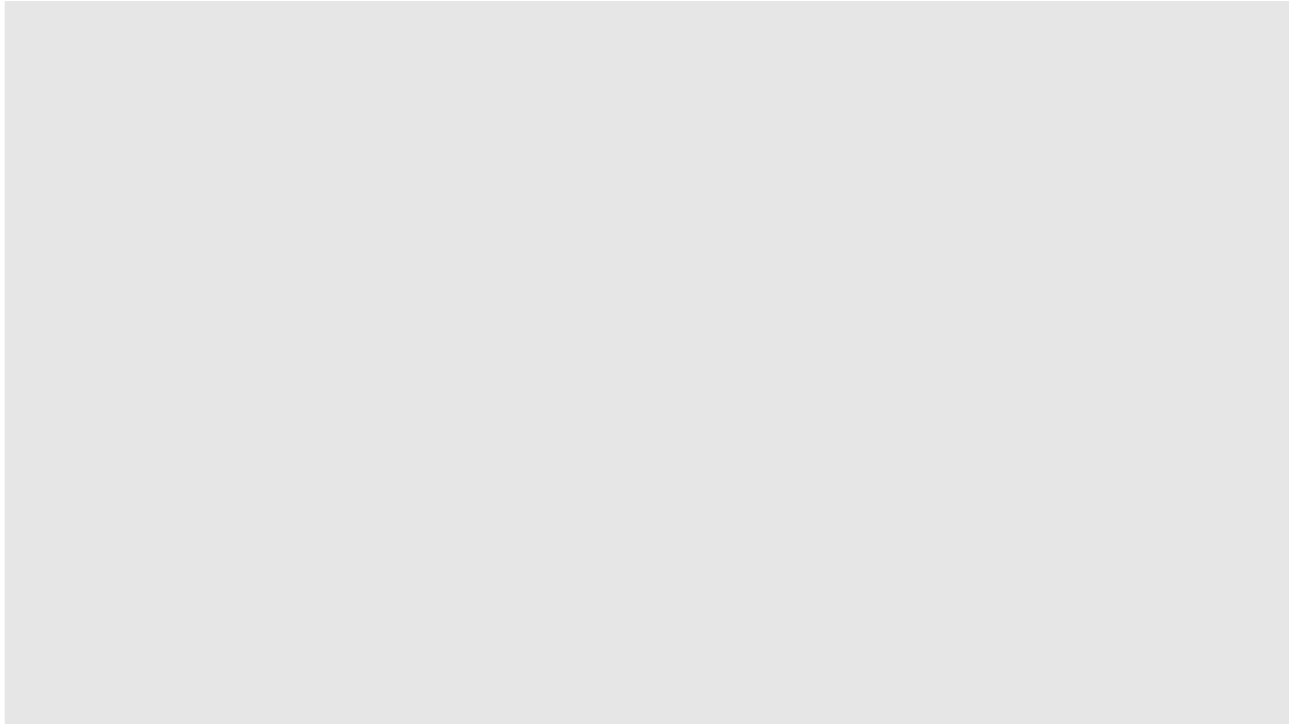
“This is a great, affordable option for lip protection,” double board-certified dermatologist [Dr. May Hall](#) said. “The formulation is thoughtful and intentional with aloe vera, coconut oil and vitamin E to hydrate lips, while also providing sun protection with SPF 25.” She loves that it’s available in different flavors, each of which have “absolutely no bitter taste to them.”

RELATED ARTICLE

We found the best beach gear for a cooler, shadier, more comfortable day at the shore

Editor Favorite

Coola Original Liplux Lip Balm Sunscreen SPF 30



Amazon

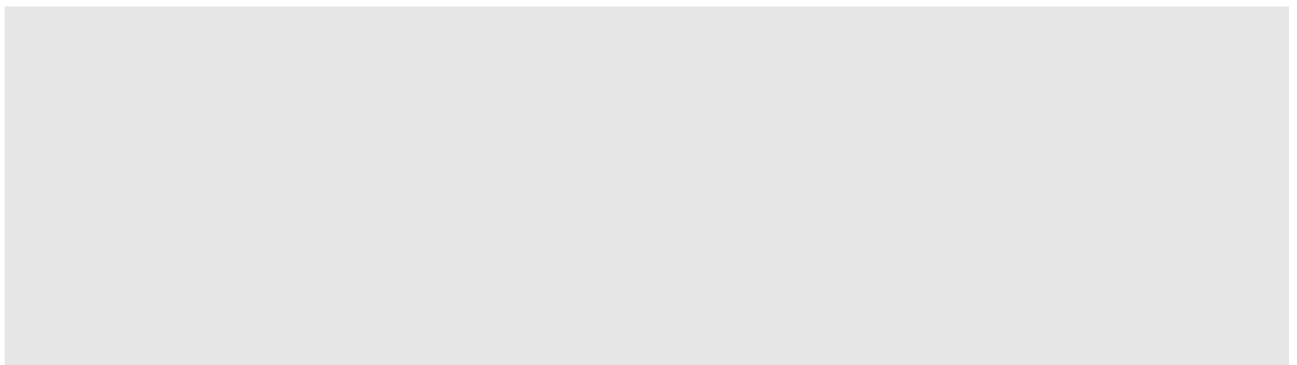
\$15 at Amazon

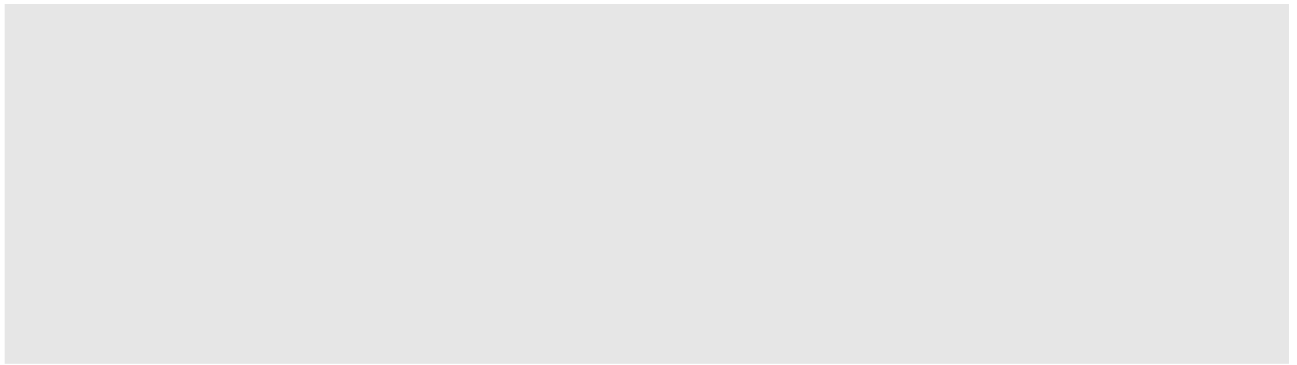
\$15 at Nordstrom

\$15 at Ulta Beauty

Shaw said this is a great year-round pick. The vegan formula is made with conditioning plant-based ingredients like organic coconut oil, sunflower seed oil and jojoba oil. It has a smooth, "barely there" feel while offering broad-spectrum, water-resistant coverage.

Blistex Five Star Lip Protection SPF 30



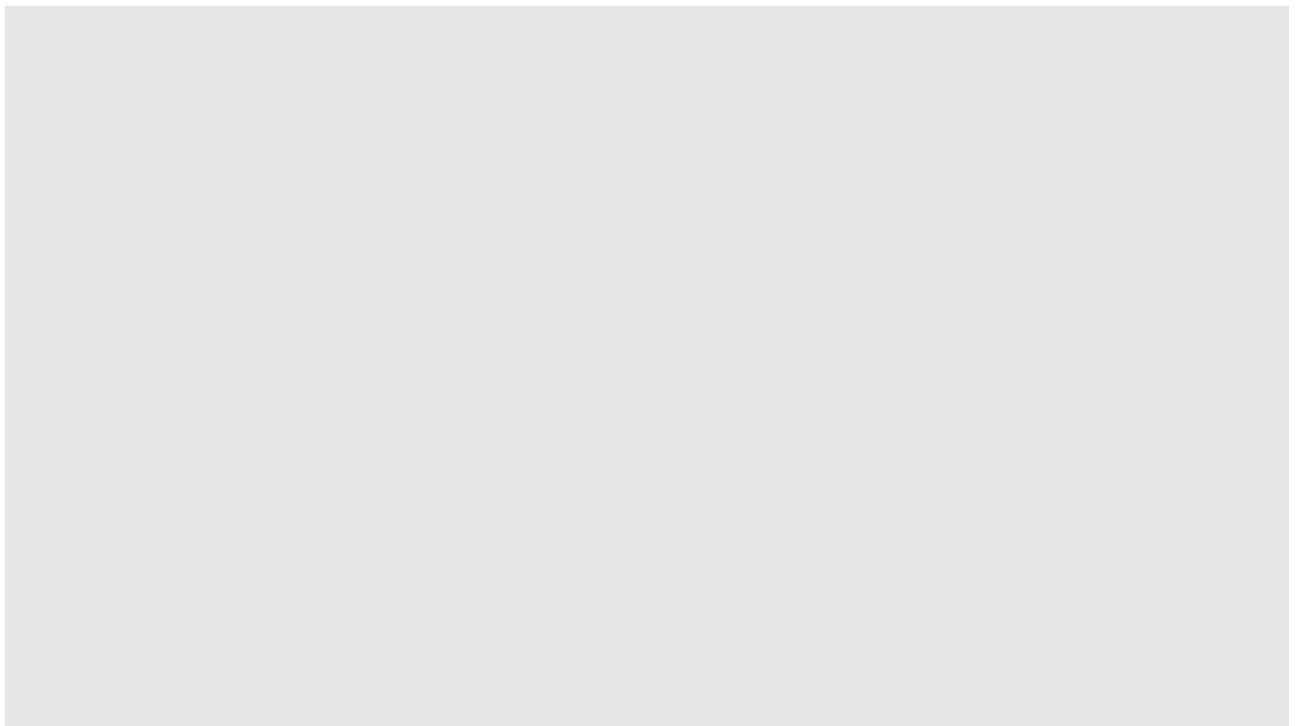


Amazon

~~\$7~~ **\$5 at Amazon**

A versatile lip balm that's formulated with various chemical UV filters, this SPF 30 product is for those in need of top-tier protection, according to Spearman. "Its specialized ingredients prevent damage that can be done by harsh weather conditions, including wind, cold and dryness," she said.

Burt's Bees Sun Care Island Getaway Lip Balm Set, 3-Pack



Amazon

Shop at Amazon

\$13 at Burt's Bees

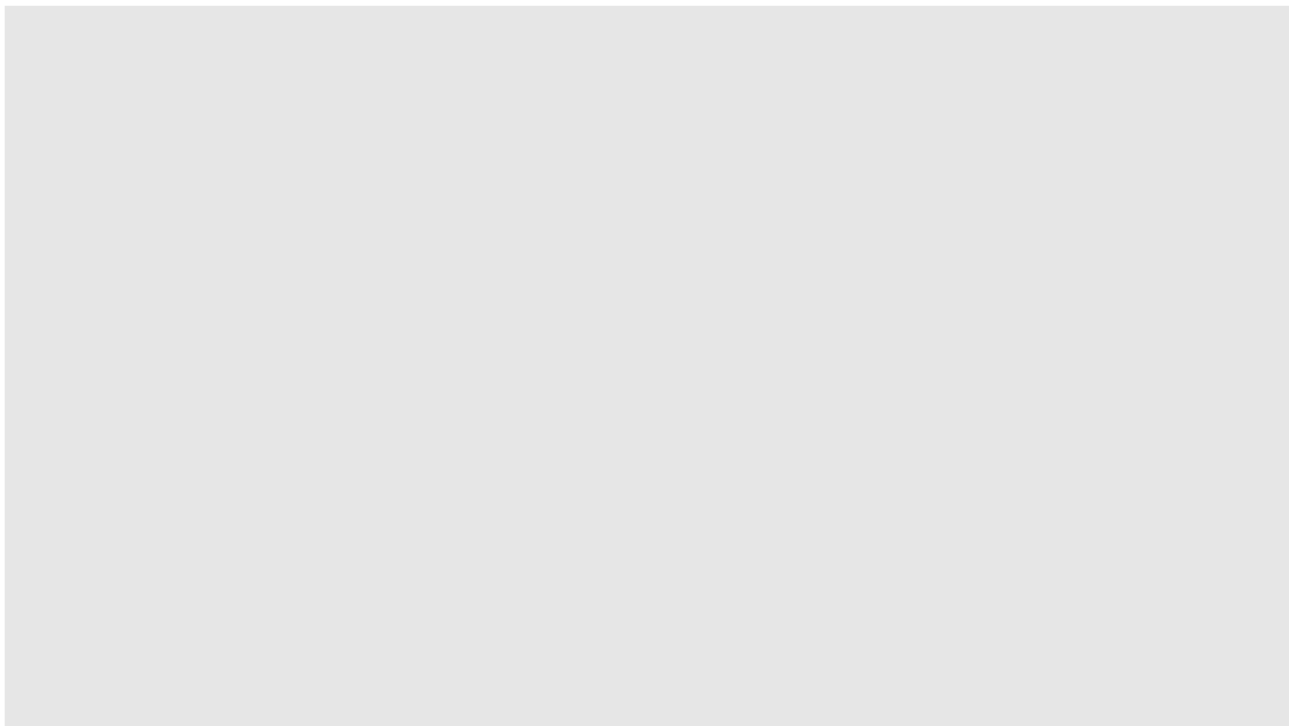
This affordable pack of three scented SPF lip balms protects your lips while leaving them

nourished and moisturized, Spearman said. But what truly sets these apart for her is that the mineral formulation is water-resistant for up to 80 minutes, meaning "reapplication is less frequently needed," she said.

RELATED ARTICLE

I spoke with dermatologists and editors to find the best mineral sunscreens with no white cast

[AziMD Skincare Pout Plump SPF 30](#)



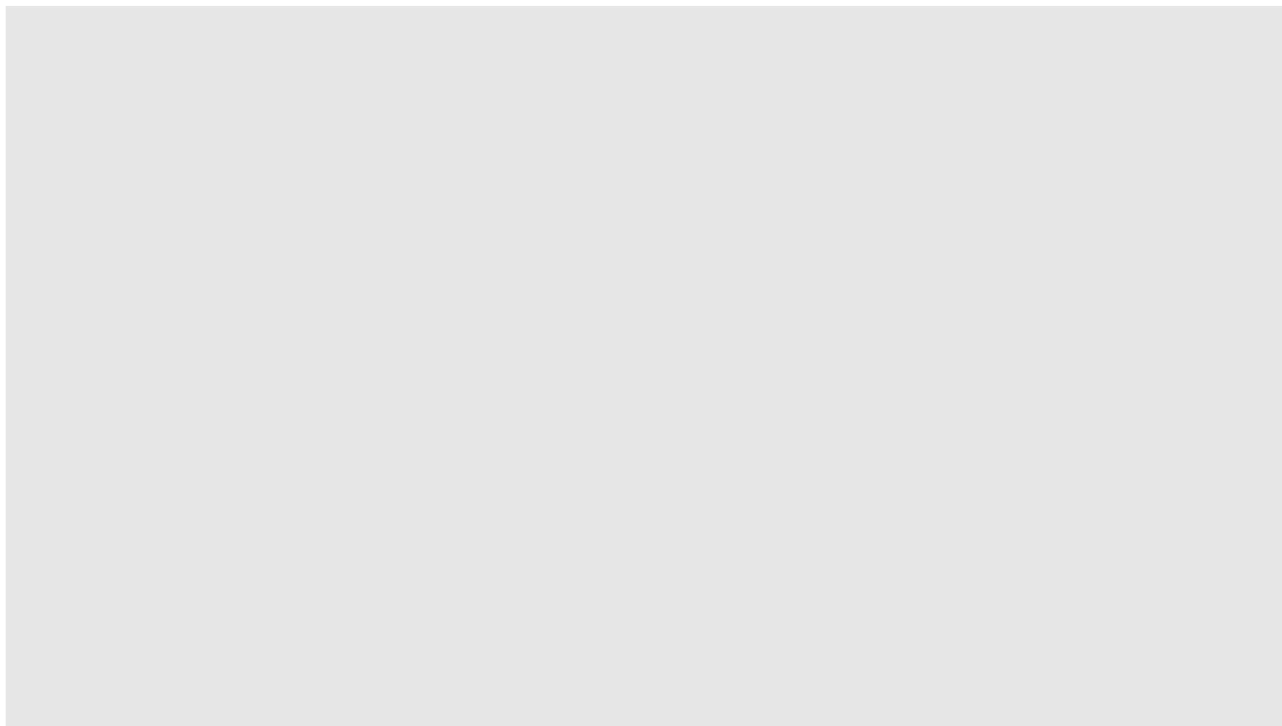
AziMD Skincare

\$40 at AziMD Skincare

Shirazi recommends this plumping lip product from her own brand for those in search of a treatment-focused lip product that offers protection and [skin care benefits](#). "It combines broad-spectrum SPF 30 with ingredients like hyaluronic acid, peptides and peppermint oil to support smoother lips with a light pumping effect," she said.

Best tinted lip balms with SPF

Colorescience Sunforgettable Total Protection Color Balm SPF 50



Amazon

\$42 at Amazon

\$42 at Nordstrom

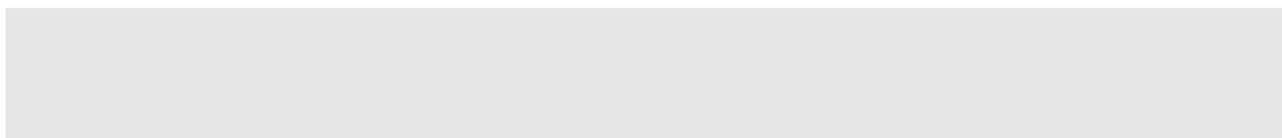
**\$42 at
Colorescience**

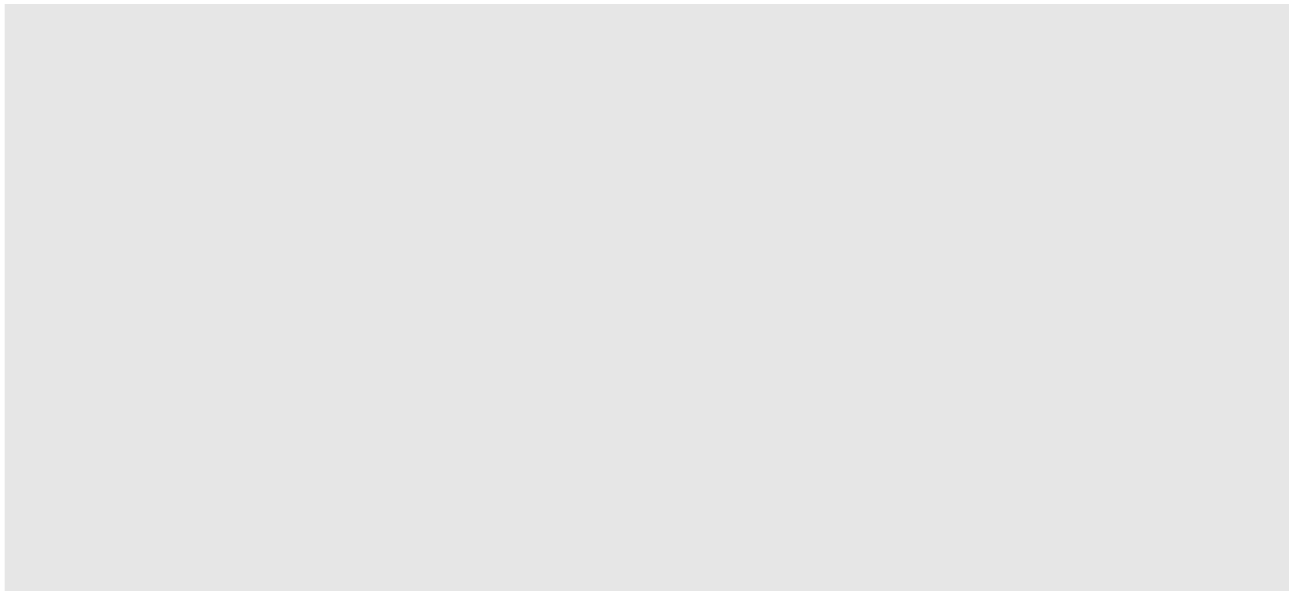
“For those who prefer a cosmetic product that also provides sun protection, this is an excellent option,” Hovenic said. “It offers mineral-based SPF 50 protection along with a subtle tint, making it ideal for individuals who want both coverage and defense against UV damage.” Board-certified dermatologist [Dr. Kseniya Kobets](#) agreed, adding that the multitasking balm can also be used on your cheeks. “It has a more polished and dewy look, but it is not fragranced or ‘fun-flavored,’ which I actually prefer for sensitive lips,” she said.

RELATED ARTICLE

30 best face sunscreens you’ll want to apply every day, according to dermatologists

Supergoop! Glow Gloss Lip Balm SPF 40





Nordstrom

**\$22 at
Nordstrom**

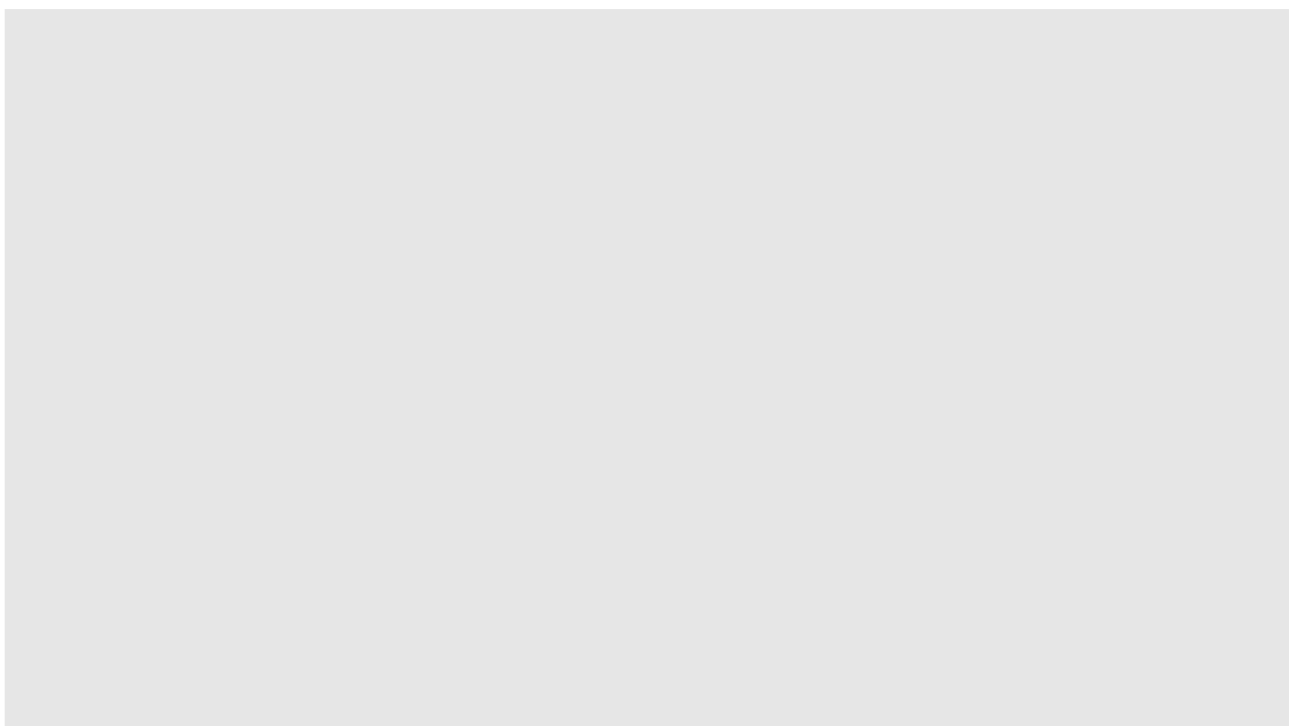
**\$22 at
Sephora**

**\$22 at Ulta
Beauty**

**\$22 at
Supergoop!**

Board-certified dermatologist [Dr. Purvisha Patel](#) recommends this lip balm, which she explains feels and acts like a true lip gloss. “This is best for anyone looking to add shine and color to their lips while still getting the benefit of SPF,” she said. “It’s also hydrating and nonsticky, making it comfortable to wear.”

Cay Skin Isle Lip Balm SPF 30



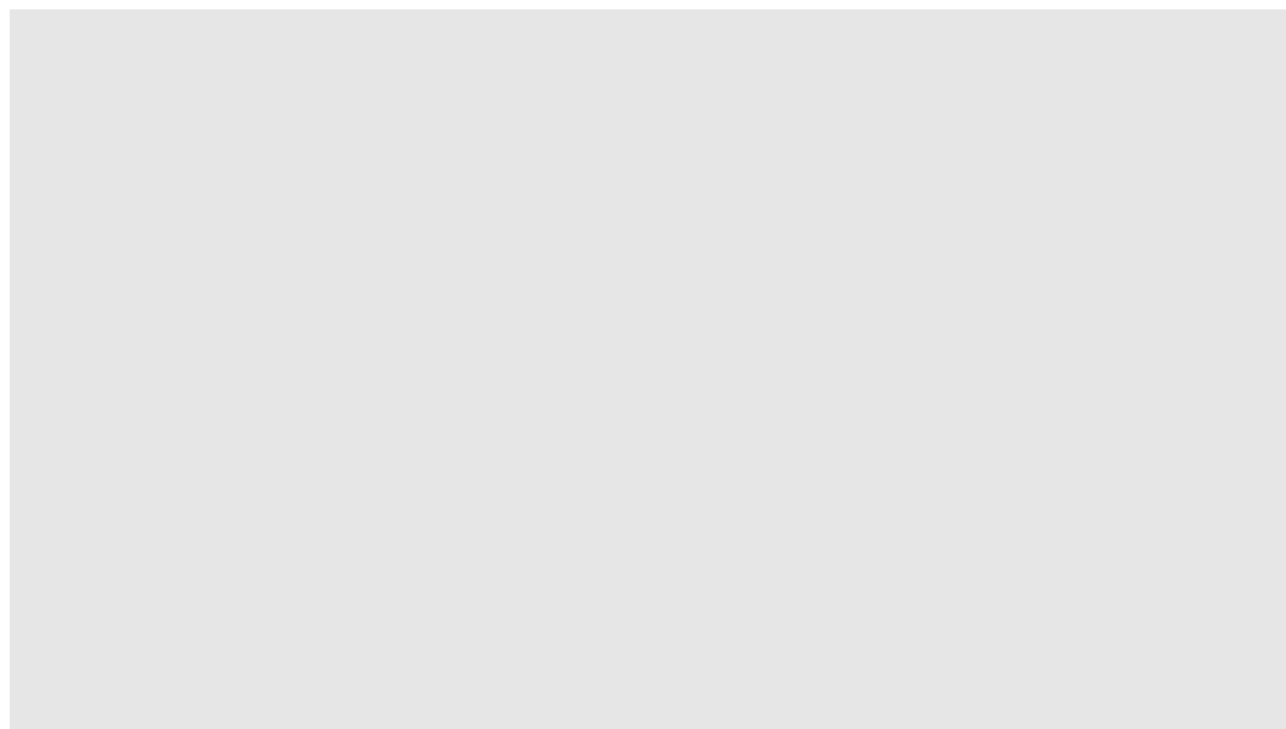
\$16 at Amazon**\$16 at Sephora**

“This high-shine, nonsticky gloss balm is made with protective sea moss and aloe stem cells,” Marcelus said. Available in a couple different sheer shades as well as a clear option, “it completely hides that sunscreen taste with a delicious vanilla brown sugar flavor,” she said.

RELATED ARTICLE

50 premium beauty products from Amazon our editors can't live without

Colorescience Peptide Lip Shine SPF 30



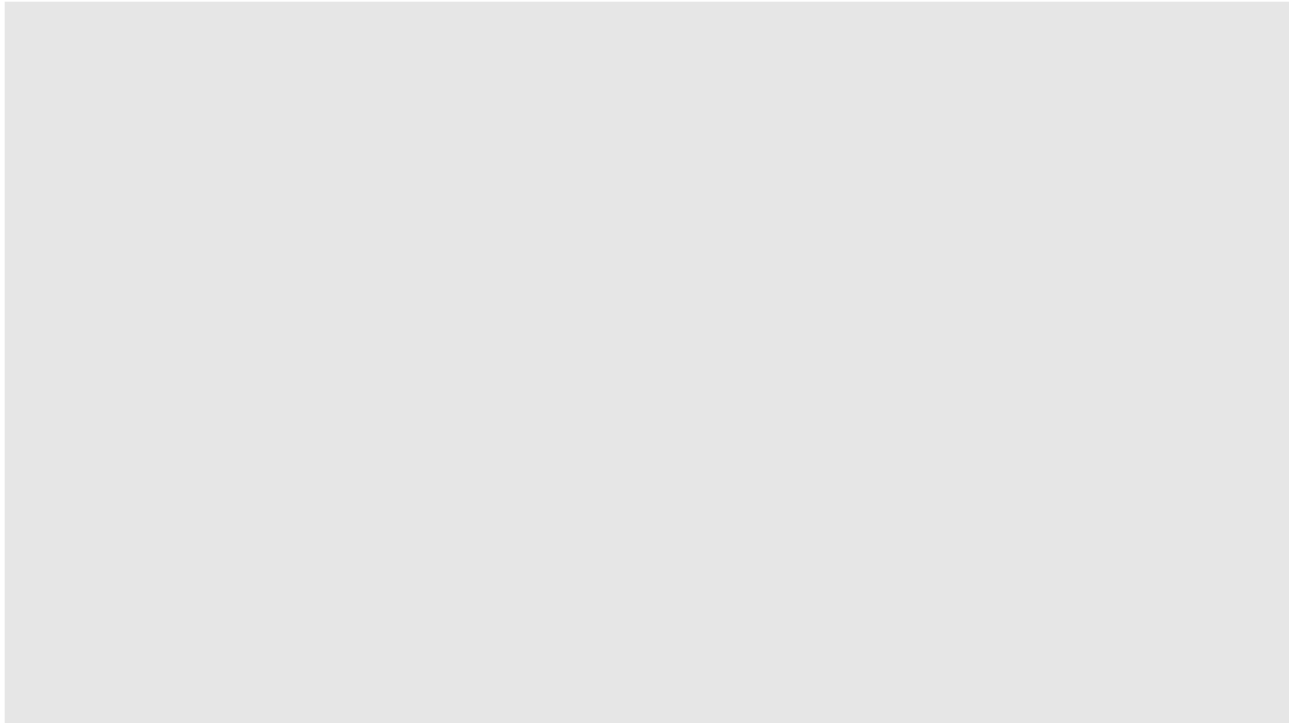
Amazon

**~~\$42~~ From \$33 at
Amazon****\$42 at Nordstrom****\$42 at
Colorescience**

If you're on the hunt for a lip product that feels more like makeup, board-certified dermatologist [Dr. Teresa Song](#) recommends this peptide-based gloss formula. It adds tons of shine, comes in various shades and contains hyaluronic acid and vitamin E for

hydration, all while offering broad-spectrum mineral SPF 30 protection.

Vacation Pepsi Wild Cherry Tinted Lip Gel SPF 30

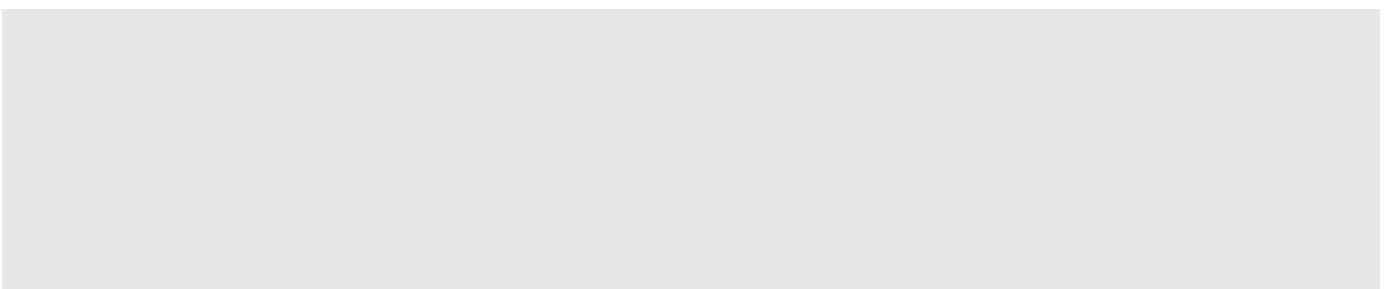


Vacation

\$14 at Vacation

Hale said she's obsessed with this lip SPF. "It has broad-spectrum SPF 30 with a flattering red-cherry tint that enhances your natural lip color," she said, as well as nourishing ingredients like hyaluronic acid, vitamin E and peptides. "The wild cherry flavor certainly doesn't hurt, but what I really love is that it makes wearing SPF enjoyable and I know I'll use it throughout the day," she said.

What to look for in lip balm with SPF



Sophie Shaw/CNN Underscored

Broad-spectrum protection and SPF 30 or higher

Our experts agree that the best SPF lip balms should have broad-spectrum coverage (meaning that it protects against both UVA and UVB rays) and ideally a minimum SPF of 30. While higher SPF may block a slightly higher percentage of rays, Kobets said, the products will still require the same amount of reapplication.

Mineral UV filters are generally recommended by our expert derms. “A [review on sunscreen allergens](#) found that allergic and photoallergic contact dermatitis have been reported with organic — or chemical — UV filters like avobenzene and oxybenzone,” Kobets said, while there have been no reports of allergic or photoallergic contact dermatitis to the mineral filters zinc oxide and titanium dioxide. Hall added that chemical-based SPF lip products can sometimes give off a bitter taste, while mineral-based formulations can leave a white cast behind on the lips. For this reason, many of our experts recommend a tinted lip balm if you’re going the mineral filter route, which can help offset that appearance.

A pleasant formulation and texture

“Lip balms are formulated with waxes and emollients to hydrate your lips but also have dependable staying power,” Hall said. This leads to a range of texture and formulation options, which matter more than many people realize. “If a lip product feels too thick, sticky or leaves an unpleasant taste, people often stop using it,” Hovenic said. “Consistency is ultimately what provides the best protection.” Kobets recommends a balm or stick texture, as they tend to leave a more substantial layer on your lips as compared to a thin gloss. If you’re spending significant time outdoors, a water-resistant formula can help ensure you’re staying protected between applications.

RELATED ARTICLE

We tested 27 of the best sunscreens available in 2026, but only 3 meet our

Comfortable, moisturizing ingredients

“Look for comprehensive formulas that do more than just protect,” Shiraz said. “It’s helpful to find a formula with hydrating ingredients such as petrolatum, shea butter, ceramides, hyaluronic acid or peptides that can help support the lip barrier while providing sun protection.” Some other ingredients our experts recommend include squalane, glycerin and plant oils. This will make for a lip balm that feels comfortable enough to use consistently, according to Hale. “Our lips are prone to dryness and these ingredients will make application more enjoyable,” she said.

Fragrance and tint

“For those with sensitive skin, I recommend avoiding lip balms with fragrances or flavoring in the formula,” Hale said. Because the lips are a common site of allergic contact dermatitis and irritant dermatitis, according to Kobets, scents or tingly-feeling ingredients that may feel good initially can worsen dryness or irritation.

Tint is another consideration. “I really like products with shine or tint; they motivate me to reapply,” Marcelus said. If you’re opting for a mineral SPF lip product, our experts recommend a tinted option that can help mask white cast. If you want to use a lip color under an SPF lip product, Song recommends layering the lip color first and then topping it with your SPF product.

Convenient application

“The application technique that’s most common is the solid balm in the twist-up tube. It’s easy to use and the perfect size to carry around,” Spearman said. Many of these SPF lip balm options will come in packs of two or three, which is a great option if it’s in your budget. “I keep several on hand in the places I frequent,” Marcelus said. “In multiple purses, on my bathroom counter to remember when getting ready, at my work desk and in my gym bag. You’ll want to reapply every two hours, and after every meal or drink,” she said.

FAQs

[Expand all](#)

Why is SPF protection important?



Why do our lips require SPF protection?



What is the best protection for lips in the sun?



Does sunscreen lip balm actually work?



Do dermatologists recommend lip balm with SPF?



Meet our experts

For this article, we consulted the following experts to gain their professional insights:

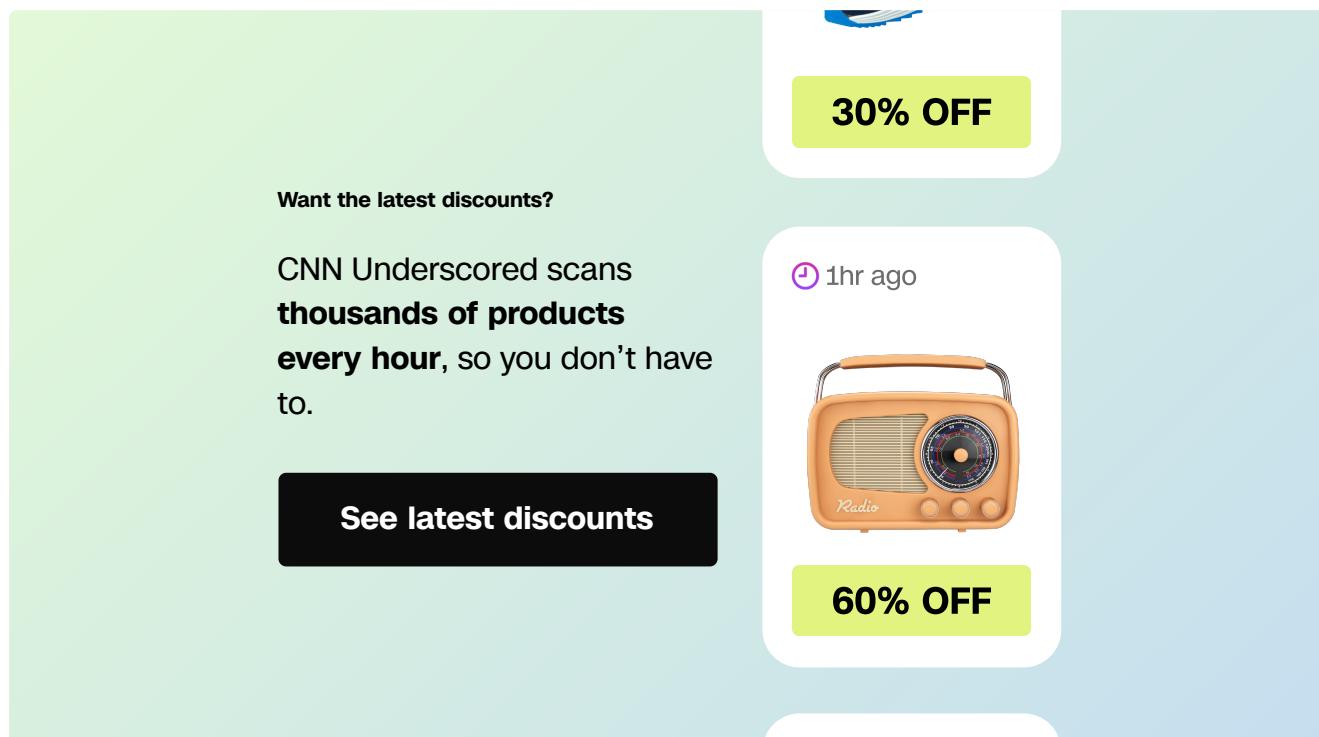
- [Dr. Elizabeth K. Hale](#), double board-certified dermatologist, chief medical advisor at [Vacation](#) and cofounder of [CompleteSkinMD](#)
- [Dr. May Hall](#), double board-certified dermatologist at [Aesthetic Dermatology](#) in North Carolina
- [Dr. Whitney Hovenic](#), cofounder of the sunscreen brand [Spoooge](#) and a board-certified dermatologist and Mohs surgeon based in Reno, Nevada
- [Dr. Kseniya Kobets](#), board-certified dermatologist and director of cosmetic dermatology at [Montefiore Einstein Advanced Care Cosmetic Dermatology Center](#)
- [Dr. Christina Marcelus](#), board-certified dermatologist at [Honeydew](#)
- [Dr. Purvisha Patel](#), board-certified dermatologist, Mohs and cosmetic surgeon, longevity physician and founder of [Visha Skincare](#)
- [Dr. Azadeh Shirazi](#), board-certified dermatologist and founder of [La Jolla Laser Derm](#) and skin care line [AziMD Skincare](#)
- [Dr. Teresa Song](#), board-certified dermatologist at [Marmur Medical](#) in New York
- [Dr. Dara Spearman](#), board-certified dermatologist and owner of [Radiant Dermatology](#) in Fort Wayne, Indiana

Why trust CNN Underscored

CNN Underscored editors and writers ensure every product included in an article is thoroughly vetted and something we ourselves would feel comfortable buying and using. Our team has many decades of collective experience researching, testing and recommending products across every category — from fashion and food, to home goods and health, to electronics and everything in between — and we're committed to using that

expertise to help you make the most of your money and live a better life.

For this article, contributing writer and former CNN Underscored editorial coordinator [Noelle Ike](#) tested out several lip balms with SPF and consulted expert dermatologists on the products they recommend. She's previously covered [urea skin care](#), [spicule skin care](#) and [the best Korean beauty products for glowy skin](#), among other topics.



Want the latest discounts?

CNN Underscored scans **thousands of products every hour**, so you don't have to.

[See latest discounts](#)

30% OFF

1hr ago



60% OFF



Noelle Ike

Contributor



[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.

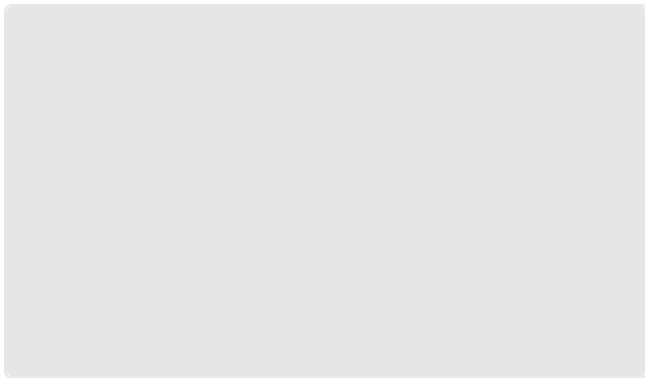
Latest Articles

[The best waterproof sandals, according to podiatrists and swimmers](#)

[The best lip balms with SPF, according to dermatologists](#)

[22 stylist-approved woven bags that are chic and practical for summer](#)

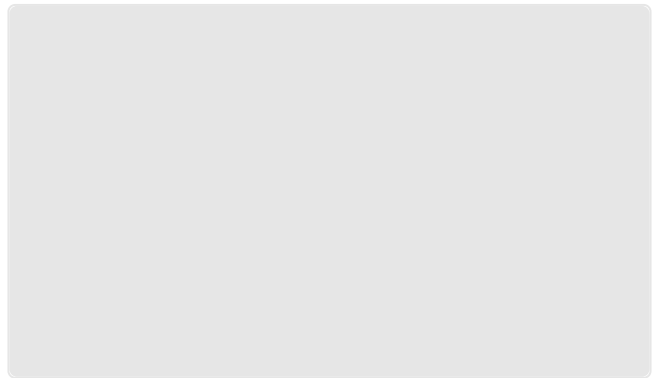
Explore trending products



Intelligent Change ‘The Five-Minute Journal’

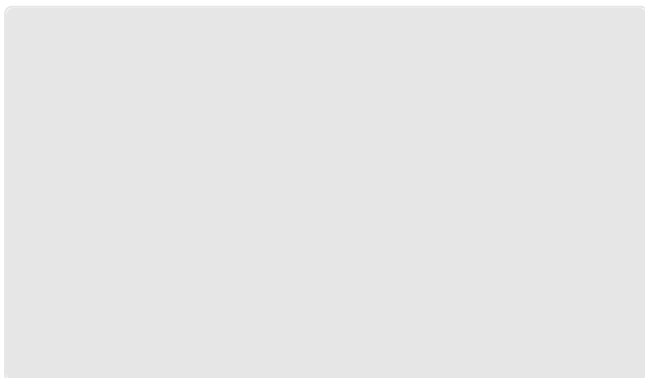
[Read our review](#)

[Shop at Target](#)



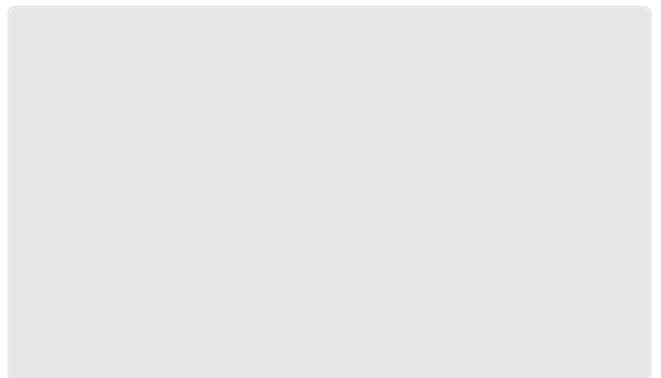
Coppertone Every Tone Invisible Finish Face Stick SPF 55

[Shop at Amazon](#)



Eucerin Advanced Hydration After-Sun Lotion

[Shop at Amazon](#)



CeraVe Moisturizing Cream

[Shop at Amazon](#)

More recommendations



The best hair straighteners to take your hair from frizzy



Do wrinkle patches actually work? We asked dermatologists



Crepey skin? These dermatologist-recommended

to sleek



The best argan oil hair products, according to experts and editors

about the line-smoothing trend



Exfoliators are the key to glowy skin. Here are 18 dermatologists and editors recommend

products can help your skin look more youthful



Why coconut oil is the expert-recommended ingredient for stronger, shinier hair



The 28 best neck creams for firmer, healthier skin, according to dermatologists



I tested 8 magnifying mirrors. The 2 best made tweezing and touch-ups easier than the rest



The best hair dryers for bouncy blowouts in 2026, tried and tested

Note: The prices above reflect the retailers' listed price at the time of publication.

Search CNN...



Sign in

Live TV

[Listen](#)

[Watch](#)

[US](#)

[World](#)

[Politics](#)

[Business](#)

[Markets](#)

[Health](#)

[CNN Underscored](#)

[Entertainment](#)

[Tech](#)

[Style](#)

[Travel](#)

[Sports](#)

[Science](#)

[Climate](#)

[Weather](#)

[World Cup 2026](#)

[Ukraine-Russia War](#)

[Israel-Hamas War](#)

[Watch](#)

[Listen](#)

[Games](#)

[About CNN](#)

FOLLOW CNN UNDERSCORED



DOWNLOAD THE CNN APP



[Terms of Use](#) [Privacy Policy](#) [Manage Cookies](#) [Ad Choices](#) [Accessibility & CC](#) [About](#) [Subscribe](#) [Newsletters](#)
[Transcripts](#) [Help Center](#) [Sitemap](#)

© 2026 Cable News Network. A Warner Bros. Discovery Company. All Rights Reserved.
CNN Sans [™] & © 2016 Cable News Network.