**SPF and Sunscreen**

SPF stands for the Sun Protection Factor provided by sunscreen. It refers to the ability of the product to stop the skin from burning. The higher the SPF, the longer one can stay in the sun without burning. For example, if it takes about 10 minutes of exposure to the sun to get a sunburn, an SPF of 15 would provide approximately 150 minutes of protection. However, in actual use, protection may be less because sunscreen can be washed off by sweat and water.

