



ONDINE · THE GUIDE

The Effortless Sun Protection Guide

Skincare like you've never worn before

A five-minute read: your daily routine, the UV Index, sport, travel, little ones and skin health for life.

MYONDINE.COM

BIENVENUE

Sun protection, made effortless

I grew up in Switzerland, in the outdoors, where caring for your skin is a daily ritual, not a chore.

In the Miami sun, I realized sunscreen alone didn't fit the way I live: hours on the sidelines of my kids' games, a coffee outside, a swim, driving around the city.

So I created beautiful pieces in UPF-tested fabrics that you'll actually want to wear every day.

This guide is what I wish someone had told me: no scary routine, only simple and consistent steps.

Cynthia

FOUNDER, ONDINE



INSIDE

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Three steps. That's all.

The best protection is the one you actually do every day. Layer these three steps.

01

Wear it

UPF clothing protects the skin it covers, with nothing to reapply and no white cast. Long sleeves, a higher neck and thumbholes cover spots sunscreen often misses: shoulders, the back of the neck, hands.

02

Apply it

For all exposed skin (face, neck, ears, hands): a **broad-spectrum, water-resistant SPF 30+**. Use enough (about 1 ounce, a shot glass, for the body) and reapply as the label says: at least every two hours, and after swimming or sweating.

Recommended by the American Academy of Dermatology. aad.org ›

03

Find shade

The sun is strongest between 10am and 4pm. Plan walks, games and swims around it when you can, and make shade breaks a habit.

Clothing, sunscreen and shade work best together. That's the whole routine.

Meet the sun's two rays

UVA · A FOR AGING

The aging ray

- Present all day, all year
- Passes through clouds and windows
- The main driver of lines, dark spots and loss of firmness

UVB · B FOR BURNING

The burning ray

- Present year-round, strongest at midday and in summer
- Causes redness and sunburn
- Intense at the beach, on water and on snow

The sun causes an estimated 80% of visible skin aging.

[Skin Cancer Foundation >](#)

SPF vs. UPF

SPF rates sunscreen. It depends on applying enough, evenly, and reapplying.

UPF rates fabric: how much UVA and UVB gets through. UPF 50 blocks about 98%.

What about my regular T-shirt?

It depends on the fabric, color, weave, stretch and whether it's wet. A thin white cotton tee can be as low as about UPF 7, and lower when wet. A tested UPF label takes out the guesswork. [Skin Cancer Foundation >](#)

Your daily forecast for your skin

Most weather apps show the UV Index, from 1 to 11+. Check it each morning, like the temperature.

I–2 LOW	Easy day. Sunglasses, and SPF on your face if you burn easily.
3–5 MODERATE	Protect. UPF clothing, a hat, SPF on exposed skin, shade at midday.
6–7 HIGH	Cover up. UPF pieces, a wide-brim hat, less direct sun from 10am to 4pm.
8–10 VERY HIGH	Extra care. Full coverage, shade breaks, reapply SPF.
11+ EXTREME	Every precaution. Go out early or late, stay covered and in the shade.

The shadow rule

If your shadow is shorter than you are, UV is strong.

Good to know

UV can be high on cool or cloudy days. In South Florida it's often 3+ even in winter.

Protection recommended from UV Index 3. [World Health Organization](#) ›

Long days in the sun

Golf, padel, the sidelines, a ski trip: some of our longest hours outside. Plan your layers once, then keep reapplying and seeking shade.



Golf

- 4 to 5 hours, often at midday
- A UPF long-sleeve polo
- Reapply SPF at the turn
- A cap or wide brim covers your part line

Tennis & padel

- Courts reflect UV onto your skin
- Breathable UPF fabric
- Water-resistant SPF 30+, reapplied after sweating
- Play early or late when you can

Sidelines & everyday

- School games and coffee outside add up
- A light UPF layer and a hat in your bag
- Choose the shady side

Ski & beach trips

- Snow reflects up to 80% of UV [SCF](#) ›
- UV rises with altitude [WHO](#) ›
- Water and sand reflect UV too

What science actually says

"Cloudy days are safe."

REALITY

UV passes through clouds. Check the UV Index, not the sky. [AAD ›](#)

"A base tan protects me."

REALITY

A tan is a sign of UV damage, and offers only about SPF 3 to 4. [Harvard Health ›](#)

"My makeup has SPF."

REALITY

We rarely apply enough makeup to get the SPF on the label. Use sunscreen underneath. [AAD ›](#)

"Sunscreen is waterproof."

REALITY

Water resistance lasts 40 or 80 minutes, then reapply. [FDA ›](#)

"Darker skin doesn't need it."

REALITY

All skin tones can burn and show UV damage, like dark spots. [AAD ›](#)

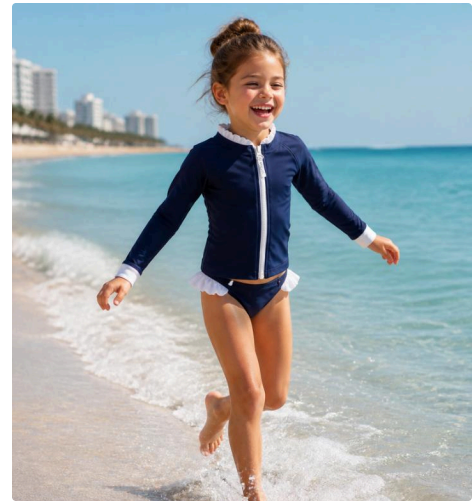
"Winter sun isn't strong."

REALITY

Snow reflects up to 80% of UV, and UV rises with altitude. [SCF ›](#)

Protecting little ones

Children's skin is more sensitive to UV, and the habits they learn now stay with them.



Under 6 months

Keep babies out of direct sun: shade, light clothing that covers arms and legs, and a hat. Ask your pediatrician before using sunscreen.

6 months and up

Broad-spectrum SPF 30+ on exposed skin, reapplied every two hours and after water play. Add a hat, sunglasses and UPF swimwear.

Make it a habit

Hat and sunscreen in the school bag, shade breaks at the park, and lead by example: they copy you.

Based on American Academy of Pediatrics guidance. [healthychildren.org](https://www.healthychildren.org) › Always ask your pediatrician about your child's sun protection.

Longevity starts with your skin

Sun protection is one of the simplest wellness habits: it keeps skin healthy and radiant for decades, so you can keep loving the outdoors.

Know the facts

- Skin cancer is the most common cancer in the U.S. [AAD ›](#)
- At least 1 in 5 Americans will develop skin cancer by age 70 [SCF ›](#)
- Found early, skin cancer is highly treatable [AAD ›](#)

Your monthly skin check

- Look over all your skin, back and scalp too
- Notice anything new or changing
- See a dermatologist for a yearly exam

[How to check: AAD ›](#)

Healthy aging

In a 4-year study, adults who used sunscreen daily were 24% less likely to show increased skin aging. [Study ›](#)

Questions about vitamin D? Talk to your doctor about food, supplements and your levels.

What to look for

- A tested UPF label. UPF 30–49 is very good, 50+ is excellent. [AAD ›](#)
- Coverage. Long sleeves, a higher neckline, thumbholes.
- The right fit. Overstretched fabric lets more UV through.
- Gentle care. Wash cold, no bleach, hang to dry.

Ondine's fabrics

Tested to AATCC TM 183. Ratings vary by color and style; each product page shows its rating.

SOLMER · UPF 50+

Swim fabric for rash guards and swimwear. Quick-drying.

[SHOP SOLMER ›](#)

ACTISOL · UPF 35–50+

Breathable piqué for tennis, padel and golf.

[SHOP ACTISOL ›](#)

ONDISOFT · UPF 45–50+

Buttery-soft bamboo and organic cotton. Everyday tees.

[SHOP ONDISOFT ›](#)

BRISOL · UPF 40+

Light, airy and polished for city and resort.

[SHOP BRISOL ›](#)

Save this page

Screenshot it and keep it on your phone.

- ☐ Check the UV Index each morning
- ☐ UPF layer when it's 3 or higher
- ☐ SPF 30+ on face, neck, ears and hands
- ☐ Reapply every 2 hours and after swimming or sweating
- ☐ Hat and sunglasses in your bag
- ☐ Shade breaks between 10am and 4pm
- ☐ Kids: hat, rash guard, sunscreen, shade
- ☐ Protect on cloudy and ski days too

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SOURCES

Medical & scientific references

Tap any link to read the original guidance.

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General sun-protection information, not medical advice. For questions about your skin, a skin condition or a medication that makes you sun-sensitive, talk to your dermatologist or pediatrician.