

# SUNSCREENS

## CHEMICAL VS PHYSICAL SUNSCREENS

### Chemical sunscreen works like a sponge.

Chemical sunscreens, on the other hand, are made with ingredients that absorb UV rays to keep them from penetrating your skin. Some of the active ingredients in these sunscreens may irritate sensitive skin. On a positive note, these types of sunscreens tend to rub in easier and leave less white residue.

- Chemical sunscreens absorb the sun's rays.
- Some people prefer this type of sunscreen because it's EASIER TO RUB INTO the skin without leaving a white residue.
- If you choose to use a chemical sunscreen, look for one or more of the following active ingredients: Oxybenzone, Avobenzone, Octisalate, Octocrylene, Homosalate, Octinoxate.

*Also, you might be interested to know that Hawaii has banned sunscreens with certain chemicals thought to damage coral reefs.*

### Physical sunscreen is the best because it works as a shield.

We recommend a physical sunscreen that features zinc oxide and titanium dioxide to protect your skin. They sit on top of your skin, forming a barrier to protect you from the sun. This type of sunscreen is also better for sensitive skin.

- Physical sunscreen sits on the surface of your skin, deflecting the sun's rays.
- Look for the active ingredients of zinc oxide or titanium dioxide.
- Opt for this sunscreen if you have SENSITIVE SKIN.

## RECOMMENDED SUNSCREENS

### We recommend physical (mineral) sunscreens

- Fig Sunscreens provide broad-spectrum UVA/UVB protection from premature aging caused by the sun
  - Fig Daily Physical Sunscreen (sheer or tinted)
  - Fig Essential Oil-Free Sunscreen – (sheer or tinted) great for sensitive skin types
  - Mattifying Mineral Powder – great for sensitive skin types
  - Vitamin E Mineral Sunscreen Spray (non-aerosol)
- Neutrogena Pure and Free
- Elta MD
- Shiseido is available in regular or tinted at Macy's
- Vertra SPF Stick - Very Water Resistant Sunscreen. Non-greasy application



## PRODUCTS

