



Safest Natural Sunscreen

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As the sun shows its face, it's time to protect yours from free radicals, rays that cause aging, skin cancer and sunburns. But don't reach for just any sunscreen on the shelf that could be loaded with not-so-haute chemicals that could irritate your skin and potentially be hazardous. Go green with your sunscreen routine and try safe and natural options that will keep you protected from your early morning workout to dinner and dancing at night.

Sunscreen Ingredients to Avoid

Not all sunscreens are created equal! Before you grab a bottle of your favorite sun protectant from your local drug store, know the skinny on potentially toxic and irritating ingredients that aren't just bad for your health but are completely avoidable when you choose to go natural. Check your labels to avoid sunscreens with para-aminobenzoic acid, dioxybenzone, oxybenzone or sulisobenzene, chemicals that could potentially be endocrine disruptors.

Safe and Secure

The last thing you want to worry about when you're basking in the sun or at your favorite resort is whether or not the sunscreen you're using is actually protecting your skin and in turn, protecting your health. Luckily, the Environmental Working Group rated and tested sunscreens on the market for safety and hazards. Natural sunscreens like Alba Botanica's Mineral Sunscreen SPF 30, Elemental Herbs Sunscreen Sport Tinted SPF 22 or L'uvalla Certified Organics Sunscreen for Face and Body SPF 20 all made the group's top sunscreen list.

Cream, Spray or Powder?

Be kind to our environment as you protect your sexy skin. Instead of using SPF sprays and powders that can cloud the air with unsafe tiny particles, lather on creams for great coverage and protection. You'll have to reapply your favorite natural sunscreen a few times a day as it can absorb into the skin, rub off on towels and clothes and wash away in water leaving you high and dry. Tote it with you in your beach bag or purse for on-the-go coverage.



Protecting the Entire Family

Share the wealth of a safe, natural sunscreen with the entire family. If you're toting toddlers or infants, don't forget to protect them from the sun's not-so-friendly rays with safe and natural sunscreens as well. **Dr. Michelle Yagoda** recommends you choose a sunblock that is non-chemical, physical and clear with full-spectrum UVA and UVB protection like **EltaMD** that is safe for kids under six months. Other kid-friendly sunscreens that made the EWG's top sunscreen list include BabyGanics Cover Up Baby Sunscreen for Face and Body and Nature's Gate Mineral Kid's Block.

References:

[WebMD; What's the Best Sunscreen?; R. Morgan Griffin](#)

[Environmental Working Group; Best Beach and Sport Sunscreens](#)

[Environmental Working Group; Top Sun Safety Tips](#)

Source: <http://www.typef.com/article/safest-natural-sunscreen/>



EltaMD sunscreen products provide broad-spectrum UVA/UVB protection. Contains zinc oxide, which is the only single ingredient that blocks both UVA and UVB rays, including the long UVA rays that have been linked to photoaging and skin cancer. All EltaMD sunscreens are hypoallergenic and sensitivity free, appropriate for use on all skin types. Four of the EltaMD formulas contain 9% zinc oxide, one of the highest percentages available, and EltaMD offers more formulas designed for specific uses than anyone in the marketplace. EltaMD products are **ONLY** sold to patients through physicians...not to spas or salons. EltaMD is the only safe sunscreen for infants under six months of age.

EltaMD comes in six varieties:

UV Sport	UV Facial
UV Spray	UV Physical
UV Clear	UV Daily

EltaMD is available for purchase by contacting:

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