SUNSCREEN: CHEMICAL VS. PHYSICAL

There are two different ways that sunscreens can block the effect of the sun on your skin:  chemically or physically.

The most common sunscreens are the chemical kind. Flip over the back of your Coppertone or Aveeno sunscreen and you’ll likely see a few of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. These are chemical sunscreen agents which can act as endocrine disruptors (this means they mess with your metabolism and hormones!) and can even CONTRIBUTE to skin cancer due to their toxic ingredients. Plus, it’s been shown that chemical sunscreens can actually contribute to dark spots!

In addition, the use of Vitamin A (retinyl palmitate) in many conventional sunscreen brands may actually fuel the growth of cancerous cells through the formation of free radicals.

**You do not want these chemical agents baking into your skin.**

The most problematic is a sunscreen ingredient called oxybenzone. The Environmental Working Group (EWG) recommends that these chemical sunscreen ingredients be avoided at all costs, especially for pregnant women and children. The state of Hawaii has actually banned this particular chemical because it’s so bad for ocean wildlife! It’s not good for you either.

**Try mineral-based sunscreens that have the all-powerful ingredient of zinc.** This is a PHYSICAL blocking agent that’s really effective - and safe - at protecting from sunburn.



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