

# Types of Sunscreens

Using sunscreen is important for staying safe in the sun and reducing the risk of sunburn and skin cancer. The FDA (Food and Drug Administration) says sunscreen is safe, and scientists are always making sure it stays safe.

There are several types of sunscreens, and which one you choose is up to you!

## Chemical vs. Mineral

Chemical sunscreen protects your skin by bouncing off UV rays. It is easier to put on than mineral sunscreen and does not leave white marks, which is good for people with darker skin. But it might cause irritation in people with sensitive skin.

Mineral sunscreen sits on top of your skin and reflects harmful UV rays. It is good for people with sensitive skin because it causes less irritation.

Chemical Sunscreens	Mineral Sunscreens
Absorbed into the skin	Sit on top of the skin
Absorb UV	Reflect UV
Do not leave a white film on the skin	May leave a white film on the skin
May feel lighter on the skin	May feel heavier on the skin
May be more irritating for sensitive skin	May be less irritating for sensitive skin
Need time to work	Work right away
Rub off less easily	Rub off more easily
Are more water and sweat resistant	Are less water and sweat resistant
Tend to cost less	Tend to cost more
May be less safe for marine life	May be safer for marine life
Have many FDA approved active ingredients (such as avobenzone, octinoxate and oxybenzone)	Have two FDA approved active ingredients (zinc oxide or titanium dioxide)



## Compound Sunscreens (Hybrid)

Some sunscreens mix chemical and mineral ingredients. These are thinner and work well to protect your skin by both absorbing and reflecting the sun's rays. They are typically good for people with sensitive skin.

## Tinted Sunscreens

Tinted sunscreens match a variety of skin tones and can be a good option for people with darker skin because they do not leave behind white residue. They also protect the skin from visible light such as sunlight and office lights, which can help with skin conditions like hyperpigmentation and melasma.