

SUNSCREEN – IS IT SAFE TO USE?

You may think that your sunscreen is helping to prevent skin cancer so it must be safe. Wrong!

Most sunscreens contain ingredients that are toxic to humans and marine life. I was just as shocked as you probably are about learning this disturbing news.

Over 14,000 tons of sunscreen end up in coral reefs per year.

Some ingredients can cause coral bleaching and damage their DNA, thereby killing them.

Many sunscreens also harm marine animals such as sea turtles and their eggs, sea urchin, fish and marine mammals.

Ingredients to Avoid

The main ingredient to avoid is oxybenzone, which is found in over 3,500 sunscreen brands worldwide. Octinoxate is even more toxic, but is usually found in lower concentrations in most products.

Some of the ingredients to avoid to protect our oceans.

- Any form of microplastic sphere or beads.
- Any nanoparticles like zinc oxide or titanium dioxide.
- Oxybenzone
- Octinoxate
- Octocrylene
- 4-methylbenzylidene camphor
- Para-aminobenzoic acid (PABA)
- Methylparaben
- Ethylparaben
- Propylparaben
- Butylparaben
- Benzylparaben
- Triclosan

So, what **should** you use?

Luckily, there are plenty of brands that are ocean friendly. Here are a few of my favorites.

- Badger, Jason, Alba Botanical,
- Potion, Nature's Gate
- Sante Sun, Lavera, 100% pure



So, get out there, ride some waves, enjoy the sun, and be safe!