SAFE SUNSCREENS

With Dr Lisa Broyles, Functional Medicine MD

Choose sunscreen that is safe for you and safe for the coral reef.
You want to avoid spray sunscreen and chemical sunscreen.

Best sunscreen lotions

1. Avene Mineral Sunscreen Face and Body Lotion SPF 50
Zinc oxide, good for sensitive skin, not greasy, water resistant 80 minutes, reef safe. Sold at Target.

2. Kokua Sun Care Natural Zinc Sunscreen SPF 50
Zinc oxide, water resistant 80 minutes, coconut vanilla scent, reef safe. Sold on Amazon.

3. Mama Kuleana Reef Safe Sunscreen SPF 30
Zinc oxide, microplastics free, fully biodegradable. Buy from Mama Kuleana.

4. Stream2Sea Sport Sunscreen for Face and Body SPF 30
Titanium dioxide, water resistant 80 minutes, reef safe. Sold on Amazon.

5 ThinkSport Clear Zinc Sunscreen SPF 50
Zinc oxide, water resistant 80 minutes, reef safe. Sold on Amazon.

6. Trader Joe's Daily Facial Mineral Sunscreen SPF 40
Zinc oxide, water resistant 40 minutes, reef safe. Sold at Trader Joe's.



Best Sunscreen Sticks

1. Neutrogena Pure and Free Baby Sunscreen stick SPF 50
Zinc oxide, water resistant 80 minutes, reef safe. Sold on Amazon.

2. Neutrogena Sheer Zinc Kids Mineral Sunscreen stick SPF 50
Zinc oxide, water resistant 80 minutes, reef safe. Sold on Amazon.

3. Neutrogena Ultra Sheer Face and Body Mineral Sunscreen stick SPF 50
Zinc oxide, water resistant 80 minutes, reef safe. Sold on Amazon.