
Sunscreens

Sunscreens are an essential part of overall sun protection. They protect from harmful UV radiation that can cause sunburns and lead to skin cancer. Most sunscreens protect from UVB rays. “Broad-spectrum” sunscreens protect from both UVB and UVA rays. **Broad-spectrum sunscreens are generally preferred over UVB-only sunscreens.** It is important to note that the SPF (Sun Protection Factor) number only refers to UVB protection. At this time, there is no standard of measuring UVA protection.

The most common types of sunscreens are chemical sunscreens. These are mainly UVB blockers and include such ingredients as octyl salicylate, padimate O homosalate, and benzophenone. They work mainly by *absorbing* UVB rays. Broad-spectrum chemical sunscreens add such ingredients as avobenzone (Parsol 1789) or oxybenzone.

A second type of sunscreen is a physical sunscreen. Physical sunscreens contain titanium dioxide, zinc oxide, or both. Because these are metals, they work mainly by *reflecting* UVB and UVA rays. (As you can see, physical sunscreens are broad-spectrum sunscreens.) Physical sunscreens are less likely to cause allergic reactions in people allergic to chemical sunscreens. Also, many dermatologists believe that they are slightly more effective than chemical sunscreens. If you have had allergic reactions to chemical sunscreens in the past, look for sunscreens that contain only titanium dioxide and/or zinc oxide as the active ingredient(s).

The sunscreens listed below contain one or more of the following active ingredients: titanium dioxide, zinc oxide, and avobenzone. This is not an exhaustive list, and there are many fine sunscreens which I have not included. I put together this list in order to help those patients with sensitive skin who wanted some sunscreen recommendations. Keep in mind that many sunscreens which contain physical sunscreens also contain chemical sunscreens.

Bain de Soleil:

- All Day for Kids – ti
- All Day Sunfilter - ti
- Oil-Free Protecteur SPF 25 lotion – avo
- Oil-Free Sunscreen spray SPF 25 – avo
- Oil-Free Sunscreen lotion SPF 35 - avo
- SPF 25 lotion – avo

Banana Boat:

- Active Sport Sunblock gel SPF 30 – avo
- Sunblock spray lotion SPF 48 – ti
- VitaSkin lotion SPF 15, 30 – avo
- Ultradry Spray SPF 30 – (clear)

Basis Face the Day lotion SPF 15 – zn

Blue Lizard:

- Face Sunscreen – zn
- Regular Sunscreen – zn
- Sport Sunscreen – zn

Bull Frog Superblock Sunblock lotion SPF 45 – ti

Clinique Super City Block SPF 25 – ti

Coppertone:

- Moisturizing Sunblock SPF 30 – avo
- Oil-Free Faces SPF 30 – avo
- Sport Sunblock gel SPF 15, 30 – avo
- Sunblock lotion spray SPF 30 – avo
- Sunblock lotion SPF 45 – avo

Coppertone Shade:

- Shade Oil-Free gel SPF 30 – avo
- Shade Sunblock spray myst SPF 30 - avo
- Shade UVA Guard – avo

DML Facial Moisturizer SPF 25 – avo

Eucerin:

- Daily Facial Moisturizer SPF 15 - avo
- Daily Sun Defense SPF 15 – avo
- Facial Moisturizing lotion SPF 25 – zn, ti

Fallene Total Block (<http://www.blockthesun.com>)

- Total Block Tinted SPF 60 – ti, zn
- Total Block Clear SPF 65 – ti, zn
- Total Block COTZ SPF 58 – ti, zn

Hawaiian Tropic:

- 15, 30, 45 Plus Sunblock – ti
- Ozone Sunblock SPF 70 – ti (contains PABA)

ti = Titanium

zn = Zinc oxide

avo = Avobenzone (Parsol 1789), blocks UVA

Neutrogena:

- Healthy Defense Oil-Free Sunblock lotion SPF 45 – avo
- Healthy Defense Oil-Free Sunblock spray SPF 30 – avo
- Healthy Defense Oil-Free Sunblock stick SPF 30 - avo
- Sensitive Skin SPF 17, 30 – ti
- SPF 30, 45 Sunblock lotion – avo

Ombrelle:

- Extreme SPF 40 - avo
- SPF 30 lotion – avo
- Sunscreen lotion SPF 15, 30 - avo
- Sunscreen lotion for Kids SPF 44 – avo

Origins Silent Treatment SPF 15 – ti

PreSun:

- Sensitive Block cream SPF 28 – ti
- Ultra cream SPF 15, 30 – avo
- Ultra spray SPF 27 – avo

Sea & Ski:

- Advanced Clear Dry spray SPF 30 – avo

- Advanced Sunblock lotion SPF 15, 30, 50 – avo
- Baby Sunblock lotion SPF 50 – zn
- Faces Sensitive Skin Sunblock lotion SPF 50 – zn
- Kids Sunblock lotion SPF 50 - zn
- Sport Sunblock spray SPF 30 – avo
- Sport Sunblock lotion SPF 30 lotion – avo
- Sport Sunblock lotion SPF 50 – zn

Skinceuticals Daily Sun Defense SPF 20 – zn

Solbar:

- Avo SPF 32 – avo
- PF SPF 30 liquid – avo
- Zinc SPF 38 – zn
- Gel SPF 30 – (clear)

Ti-Baby Natural Sunblock SPF 16 – ti

Ti-Screen:

- Sports gel – avo
- Sunscreen SPF 30 – avo

Vanicream SPF 35 – zn