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SUNSCREENS – INFORMATION AND COMPARISON

Mineral sunscreen and chemical sunscreen refer to the types of UV filters that a sunscreen uses to protect from the sun's rays. While both protect from UVA and UVB rays, the way they protect the skin differs.

- A mineral (or physical) sunscreen works like a sun “block”, reflecting the sun's rays, usually has a thicker texture that leaves a cast on the skin, but starts working to protect the skin immediately.
- A chemical sunscreen works by absorbing the sun's rays to convert to heat and release out of the skin, are more lightweight and easy to blend, but it can take 20 minutes before it starts working.
- Both chemical and mineral sunscreens can be broad-spectrum and protect from UVA and UVB rays, so choosing between the two is a personal preference but should always be **BROAD SPECTRUM** to cover both UVA & UVB.
- Some sunscreens are formulated to include both mineral and chemical UV filters for very high sun protection.

OUR RECOMMENDATION:

LA ROCHE ANTHELIOS

This is due to its combination of mineral and chemical sunscreen, gives high protection and typically suitable for all skin types, including those with skin conditions. Its very light to apply and comes in an anti-shine version. Most importantly it has consistently been tested (in labs across the world) to have SPF rating > 50.



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COMPARING MINERAL AND CHEMICAL SUNSCREEN

	Mineral sunscreens	Chemical sunscreens
Filter type	Reflects UV rays	Absorbs UV rays
Ingredients	Zinc oxide, titanium dioxide	Oxybenzone, avobenzone, octinoxate, and octisalate
Texture	Thicker texture. Comes in the form of cream, balm or zinc “stick”	Light-weight texture, often in the form of a cream or lotion
Appearance	Can leave a white cast on the skin and be harder to blend	Blends easily into the skin, won't leave a white residue
Skin sensitivity	Non-irritating and suitable for sensitive skin	Some formulas can irritate sensitive skin, particularly oxybenzone
Absorption	Works immediately	Takes around 20 minutes to absorb into the skin
Shelf life	Stable with a longer shelf life	Product efficacy can degrade when exposed to the sun or improperly stored, leading to a shorter shelf life.