

MINERAL VS CHEMICAL SUNSCREEN

No right or wrong — it's all about preference!

MINERAL

Ingredient Zinc Oxide, Titanium Dioxide

How it works Sits on the top of skin's surface and reflects or scatters UV Rays



Pros Immediate protection, gentle on sensitive skin, reef-safe options

Cons May feel slightly heavier

CHEMICAL

Ingredient Avobenzone, Oxybenzone, Octocrylene, etc.

How it works Absorbs UV Rays, converts them into heat, and releases it from the skin



Pros Lightweight texture, blends easily

Cons May irritate sensitive skin, Needs ~20 mins to activate environmental concerns (coral reefs)