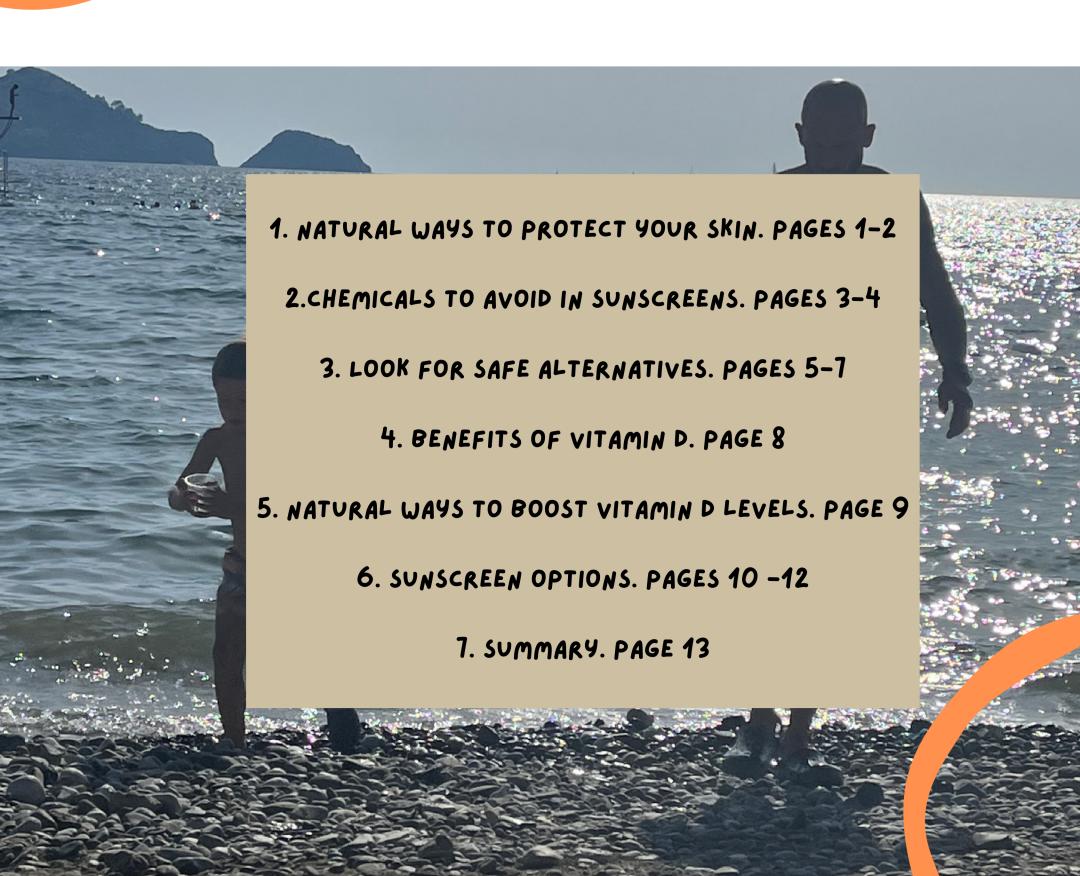


CONTENTS



NATURAL WAYS TO PROTECT YOUR SKIN

Clothing and Accessories

Wear Protective Clothing: Use long-sleeved shirts, trousers, and wide-brimmed hats to shield your skin. Wear long sleeved swimwear to protect skin in the water.

Sunglasses: Protect your eyes and the surrounding skin by wearing UV-protection sunglasses.

Seek Shade

Try to Avoid Peak Sun Hours: Stay indoors or in the shade between 11 AM and 3 PM when the sun's rays are strongest or wear protective clothing if this isn't an option.

NATURAL WAYS TO PROTECT YOUR SKIN

3. Diet and Hydration

Antioxidant-Rich Foods: Eat foods high in antioxidants (e.g., berries, leafy greens, and nuts) to help protect your skin from sun damage.

Stay Hydrated: Drink plenty of water to keep your skin hydrated and resilient with natural products like tallow, coconut and shea butter.

4. Natural Sunscreen Ingredients

Look for sunscreens containing natural minerals like zinc oxide and titanium dioxide. These provide broad-spectrum protection without harmful chemicals.

CHEMICALS TO AVOID IN SUNSCREENS

1. Oxybenzone

Linked to hormone disruption and allergic reactions.

2. Octinoxate

May also cause hormone disruption and skin allergies.

3. Homosalate

Can accumulate in the body faster than it can be eliminated, potentially causing hormone disruption.

4. Octocrylene

Associated with the formation of free radicals when exposed to UV light, which can cause skin damage and premature aging.

5. Avobenzone

While effective at blocking UVA rays, it can break down in the sun and lose effectiveness, potentially causing skin irritation.

CHEMICALS TO AVOID IN SUNSCREENS

6. Parabens

Preservatives that can cause hormone disruption and allergic reactions.

7. Retinyl Palmitate

A form of vitamin A that may speed up the development of skin tumors and lesions when exposed to sunlight.

8. 4-Methylbenzylidene Camphor (4-MBC)

Suspected to have hormone-disrupting effects.

9. Fragrance

Often contains harmful chemicals that can lead to skin allergies and other health issues.

LOOK FOR SAFE ALTERNATIVES

1. Zinc Oxide and Titanium Dioxide

Description: These are mineral-based ingredients that provide physical sun protection by forming a barrier on the skin that reflects and scatters UV rays.

Benefits: Effective against both UVA and UVB rays, generally considered safe for sensitive skin, and reef-safe.

Usage: Available in various concentrations in commercial sunscreens labeled as mineral or physical sunscreens.

2. Natural Oils with SPF Properties

Description: Certain plant oils offer some level of sun protection due to their natural SPF (Sun Protection Factor) properties.

Examples: Red raspberry seed oil (SPF 25-50), carrot seed oil (SPF 35-40), coconut oil (SPF 4-10), and avocado oil (SPF 4-15).

Usage: Can be used in DIY sunscreen formulations or mixed with other natural ingredients for added sun protection.

LOOK FOR SAFE ALTERNATIVES

3. Shea Butter

Description: A natural moisturiser derived from the nuts of the shea tree, often included in natural skincare products.

Benefits: Contains natural SPF (around SPF 4-6), moisturises the skin, and provides a protective barrier.

Usage: Can be used in DIY sunscreen recipes or as a base ingredient in natural skincare products.

4. Green Tea Extract

Description: Contains antioxidants that can help neutralise free radicals caused by UV exposure.

Benefits: Provides some protection against UV damage and supports overall skin health.

Usage: Often included in natural skincare products for its antioxidant properties.

LOOK FOR SAFE ALTERNATIVES

5. Almond Oil

Description: Lightweight oil derived from almonds, known for its moisturising and emollient properties.

Benefits: Contains vitamin E, which helps repair and protect the skin from UV damage.

Usage: Can be used as a base oil in DIY sunscreen formulations or as a natural moisturiser after sun exposure.

6. Coconut Oil

Description: Versatile oil known for its moisturising and nourishing properties.

Benefits: Offers a low level of SPF (around SPF 4-10), moisturizes the skin, and can be soothing after sun exposure.

Usage: Can be used alone or mixed with other oils in DIY sunscreen recipes or as a natural moisturiser.

BENEFITS OF VITAMIN D

Sun Exposure and Vitamin D Production

The sun triggers vitamin D synthesis in the skin, essential for calcium absorption and bone health.

Immune Function:

Adequate vitamin D levels support immune function and reduce inflammation.

Mood Regulation:

Vitamin D may play a role in regulating mood and warding off depression.

Reduced Risk of Chronic Diseases:

Some studies suggest vitamin D might reduce the risk of diseases like diabetes, cardiovascular disease, and certain cancers.

NATURAL WAYS TO BOOST VITAMIN D LEVELS

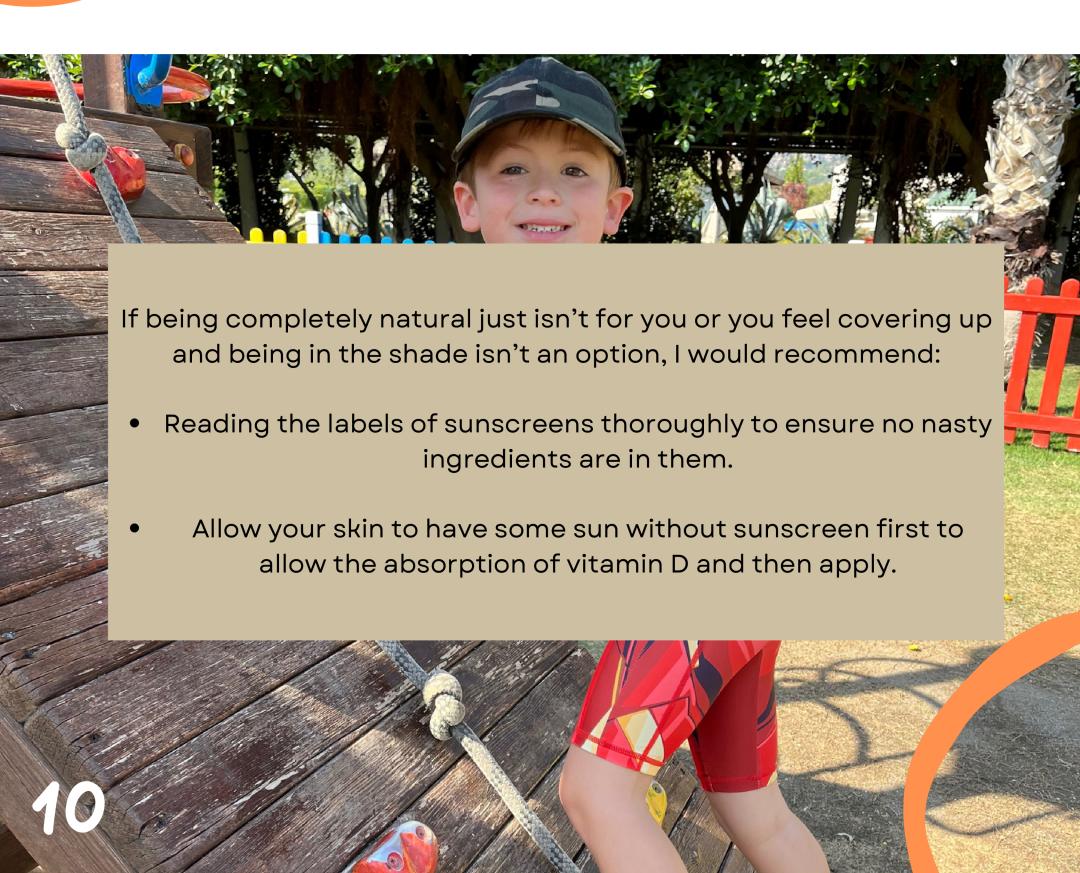
Moderate Sun Exposure: Aim for 10-30 minutes of midday sunlight exposure several times a week, without sunscreen, to allow vitamin D synthesis.

Dietary Sources: Include fatty fish (salmon, mackerel), egg yolks, and fortified foods (like milk, yogurt and fruit juice).

Supplements: If sunlight exposure is limited, consider vitamin D supplements, especially in winter months or for individuals with darker skin.



SUNSCREEN OPTIONS



SUNSCREEN OPTIONS

Best Natural Sunscreens

Green People Scent Free Sun Lotion SPF 30
 Active Ingredients: Zinc Oxide, Titanium Dioxide
 Features: Organic, scent-free, and suitable for sensitive skin.

2. Holland & Barrett Aloe Vera Sun Lotion SPF 30 Active Ingredients: Zinc Oxide, Titanium Dioxide Features: Mineral-based, with soothing aloe vera.

3. Alba Botanica Sensitive Sunscreen SPF 30Active Ingredient: Zinc OxideFeatures: Biodegradable, reef-safe, and gentle on the skin.

4. Organii Sun Milk SPF 50

Active Ingredients: Zinc Oxide, Titanium Dioxide

Features: Organic, high SPF, and suitable for all skin types.

SUNSCREEN OPTIONS

Best Sunscreens for Children

1. Childs Farm SPF 50+ Sun Cream
Active Ingredient: Titanium Dioxide
Features: Water-resistant, fragrance-free, and suitable for sensitive skin.

- 2. Green People Organic Children Sun Lotion SPF 30 Active Ingredients: Zinc Oxide, Titanium Dioxide Features: Organic, scent-free, and hypoallergenic.
- 3. Bioderma Photoderm Kid SPF 50+
 Active Ingredients: Zinc Oxide, Titanium Dioxide
 Features: High SPF, fragrance-free, and photostable.
- 4. La Roche-Posay Anthelios Dermo-Pediatrics SPF 50+ Active Ingredients: Zinc Oxide, Titanium Dioxide Features: Dermatologist-tested, very high UVA/UVB protection, and suitable for sensitive skin.

SUMMARY

