



2014 Teen Sunscreen Guide



**NON TOXIC
REVOLUTION™**



Choose wisely. Not all sunscreens are created equal. EWG's Guide to Sunscreens rates the safety and efficacy of sunscreens to help you choose better products. **HERE ARE SOME QUICK TIPS:**

CHECK YOUR LABELS!



AVOID THESE CHEMICALS WHENEVER POSSIBLE:

- **Oxybenzone**
Can cause allergic reactions and hormone-like effects
- **Vitamin A** (aka retinyl palmitate)
Skin irritant and potential carcinogen
- **Fragrance**
Often contains allergens and toxic chemicals

PRODUCTS TO AVOID:

- Sprays • Powders
- Towelettes • SPF Above 50



THESE ARE THE BEST INGREDIENTS TO AVOID BURNING AND CANCER RISK:

- **Zinc oxide**
Physically blocks UVA and UVB light
- **Avobenzone**
3% provides good protection from UVA rays

PRODUCTS TO PICK UP:

- Broad-spectrum protection
- SPF 15- 50 depending on your skin coloration, time outside, cloud cover

DON'T BE FOOLED BY HIGH SPF. Products with anything higher than SPF 50 tempt people to apply too little sunscreen and stay in the sun too long. Don't fall for it! Even if you don't burn, your skin may be damaged. Stick to SPFs between 15 and 50 and reapply often!

ROCK THE SUNGLASSES! Intense sun exposure can cause permanent damage to the eyes. Make sure your sunglasses offer more than just style by choosing a pair with medium to dark lens and a wrap around design that will give your eyes the best protection.