

# SUMMER ZINC CREAM

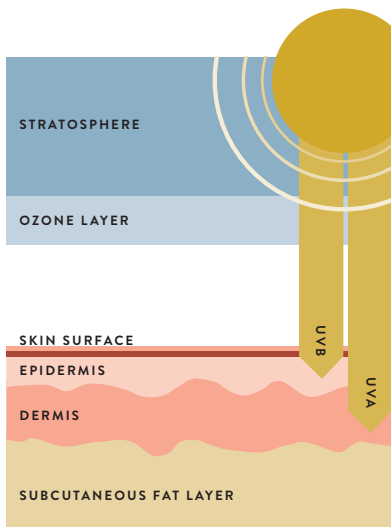
GUIDEBOOK



**MIIKO**  
SKIN CO.

# WHAT IS SUNSCREEN?

SUNSCREEN IS A PRODUCT YOU CAN APPLY TO YOUR SKIN TO REDUCE THE RISK OF SUNBURNS AND LONG-TERM FREE-RADICAL DAMAGE CAUSED BY UVA AND UVB RADIATION.



## UVB=BURNING RAYS

- ↳ MOSTLY AFFECTS THE OUTERMOST LAYER OF THE SKIN
- ↳ CAUSES SUNBURNS; INCREASING THE RISK OF SKIN CANCER
- ↳ INTENSITY CHANGES THROUGHOUT THE DAY, THROUGHOUT THE YEAR, AND PROXIMITY TO THE EQUATOR

## UVA=AGING RAYS

- ↳ PENETRATES INTO LIVING TISSUE - THE DERMIS
- ↳ CAN DAMAGE CELLS AND CAUSE WRINKLES, AGE SPOTS, LOSS OF ELASTICITY, AND PIGMENTATION
- ↳ LONG-TERM EXPOSURE COULD INCREASE RISK OF SKIN CANCER
- ↳ CAN PENETRATE CLOUDS, AND GLASS. CONSISTENT ACROSS TIME OF DAY, YEAR, AND LOCATION

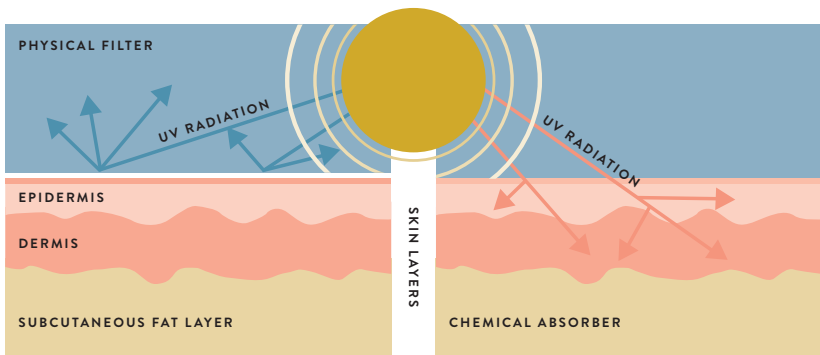
# WHAT KINDS OF SUNSCREEN ARE THERE?

## MINERAL SUNSCREENS | AKA. PHYSICAL FILTERS

- ↳ MINERAL SUNSCREENS DO NOT ABSORB INTO THE SKIN, BUT RATHER SIT ON TOP OF THE SKIN AND REFLECT UVA AND UVB RADIATION

## SYNTHETIC SUNSCREENS | AKA. CHEMICAL ABSORBERS

- ↳ SYNTHETIC SUNSCREENS USE HIGHLY VOLATILE INGREDIENTS THAT PENETRATE THE SKIN'S EPIDERMIS AND EVEN INTO THE DERMIS WHERE THEY ABSORB UVA OR UVB RADIATION INSIDE THE TISSUE



# WHAT MAKES A SUNSCREEN, A SUNSCREEN?

ALL SUNSCREENS MUST CONTAIN ONE OR MORE FDA APPROVED  
“ACTIVE INGREDIENTS” TO PROTECT AGAINST UVB AND/OR  
UVA RADIATION.

ACTIVE INGREDIENTS	EWG (HEALTH HAZARD RANKING)	USE IN COMMERCIAL SUNSCREEN	HORMONE DISRUPTION	SKIN ALLERGY	UV COVERAGE
<b>CHEMICAL ABSORBERS</b> (SYNTHETICALLY MADE)					
<b>OXYBENZONE</b>	<b>VERY HIGH</b>	<b>WIDESPREAD</b>	<b>YES</b>	<b>HIGH</b>	<b>UVA, UVB</b>
<b>OCTINOXATE</b> <i>(OCTYL METHOXYCINNAMATE)</i>	<b>HIGH</b>	<b>WIDESPREAD</b>	<b>YES</b>	<b>MODERATE</b>	<b>UVB</b>
<b>HOMOSALATE</b>	<b>MODERATE</b>	<b>WIDESPREAD</b>	<b>YES</b>	<b>N/A</b>	<b>UVB</b>
<b>OCTISALATE</b> <i>(USED TO STABILIZE AVOBENZONE)</i>	<b>MODERATE</b>	<b>WIDESPREAD</b>	<b>N/A</b>	<b>RARE</b>	<b>UVB</b>
<b>OCTOCRYLENE</b>	<b>MODERATE</b>	<b>WIDESPREAD</b>	<b>N/A</b>	<b>HIGH</b>	<b>UVA, UVB</b>
<b>AVOBENZONE</b> <i>(MUST BE MIXED WITH STABILIZERS)</i>	<b>LOW</b>	<b>WIDESPREAD</b>	<b>NO EVIDENCE</b>	<b>HIGH</b>	<b>UVA</b>
<b>PHYSICAL FILTERS</b> (MINERAL SUNSCREENS)					
<b>TITANIUM DIOXIDE</b> <i>(TOPICAL CREAM/LOTION USE ONLY. AS POWDER OR SPRAY RANKS AS HIGH HAZARD FOR RESPIRATORY REASONS)</i>	<b>LOW</b>	<b>WIDESPREAD</b>	<b>NO EVIDENCE</b>	<b>NONE</b>	<b>UVA, UVB</b>
<b>ZINC OXIDE</b> <i>(TOPICAL CREAM/LOTION USE ONLY. AS POWDER OR SPRAY RANKS AS MODERATE HAZARD FOR RESPIRATORY REASONS)</i>	<b>LOW</b>	<b>WIDESPREAD</b>	<b>NO EVIDENCE</b>	<b>NONE</b>	<b>UVA, UVB</b>

# OTHER WAYS TO BE SUN SMART FOR SKIN HEALTH!



## AVOID SUNBURNS

- ↳ COVER-UP. TAKE SHADE. WEAR A HAT. WEAR SUNGLASSES. BE AWARE OF HIGH UVB HOURS

## AVOID TANNING BEDS AND SUNBATHING

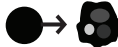
- ↳ USING TANNING BEDS BEFORE THE AGE OF 30 CAN INCREASE THE RISK OF SKIN CANCER BY 75%

## CHOOSE A SUNSCREEN WITH UVA AND UVB PROTECTION

## EXAMINE YOUR SKIN

- ↳ REGULARLY FOR NEW MOLES THAT ARE TENDER OR GROWING

## FOLLOW YOUR ABCDE'S



A. ASYMMETRY

B. BORDERS

C. COLOR

D. DIAMETER

E. EVOLUTION

RESOURCES: [HTTPS://WWW.EWG.ORG/SUNSCREEN/](https://www.ewg.org/sunscreen/)

# INGREDIENTS WATCH LIST



MIIKO SKIN CO - SUMMER ZINC CREAM 20% IS MADE WITH A CONCENTRATION OF 20% NON-NANO ZINC OXIDE WHICH COULD BE EQUIVALENT TO AN SPF 20

NON-NANO ZINC OXIDE IS THE SAFEST FDA APPROVED SUNSCREEN AT THIS TIME.

AVOID ANY SKIN CARE PRODUCTS, INCLUDING SUNSCREEN MOISTURIZERS, WITH THESE INGREDIENTS.

INGREDIENTS (FOUND IN ALL SKIN CARE PRODUCTS)	HORMONE DISRUPTION	SKIN ALLERGEN	PHOTO ALLERGEN (REACTS IN SUNLIGHT)	MARINE & ENVIRON- MENTAL RISK
FRAGRANCE (PARFUM)	X	X		X
PHthalates	X	X		X
PARABENS	X	X		X
RETINYL PALMITATE <small>COMMON IN DAILY MOISTURIZERS WITH "ANTI-AGING". MAY SPEED THE DEVELOPMENT OF SKIN TUMORS AND LESIONS WHEN APPLIED TO THE SKIN IN THE PRESENCE OF SUNLIGHT. *SEE EWG.ORG-SUNSCREEN-REPORT-PROBLEM WITH VITAMIN A*</small>			X	