



DELICIOUS BEAUTY

# The 38 Best Expert-Approved Natural Sunscreens for 2018

MAY 22, 2018 by LIZ THOMPSON



There are certain items that improve over the years. Smart phones. Vegan cheese. [SLS-free shampoo](#). All better than they used to be. Natural sunscreen falls into this category too, keeping up with conventional sunscreens in performance, only safer and more effective. Get ready to get excited about this year's crop of protection.

Many of the sunscreens you see in this year's guide have been in past guides. That's because they are that good and meet our criteria for a safe, effective, and pleasant to use product. And yes, there are newcomers. Like all other categories in the [growing natural beauty industry](#), new sunscreens are entering the scene too.

As always, our comprehensive guide to sun care includes the best of the best protection for face, body, sport, and family. This year we also have a section on before and after sun care to round out your summertime protection.

Another exciting addition to this year's guide are expert recommendations. Who better to follow on natural sun care advice than the movers and shakers of the green beauty industry. These natural beauties fill us in on their favorites for face and body. We know that mineral sunscreen is the safest and most effective at providing UV protection. Wonder why? Check out [last year's guide](#) for all the juicy deets on why zinc oxide is the best choice and other ingredients to avoid in sunscreen.

This year we have 38 sunscreens on our list! Get ready to get your sun on and save your skin at the same time.

## Study Says...

You can barely scroll your Instagram feed or flip through a beauty mag without spotting sun care info. So you may be surprised to learn that most people are less than optimally informed on the proper usage of sunscreen.

A [physician-led study](#) published in January of this year shows that most dermatology patients seeking care for skin cancer and UV damage have not received a doctor's counseling on sunscreen guidelines. Since skin cancer is the most common cancer in the United States (including squamous cell carcinoma (SCC), basal cell carcinoma (BCC), and melanoma), one form of prevention that is lacking seems to be patient education on the best practices of using sun care.

In the study, a group of 294 dermatology patients completed surveys showing that 56 percent had not received sunscreen counseling by a dermatologist or primary care physician. While results showed dermatologists were more likely to educate patients on sunscreen usage if the patients had a history of skin cancer, about one-third of patients with a previous skin cancer had never been counseled.

## How to Use Sunscreen Effectively

The American Dermatology Association recommends everyone use broad spectrum sunscreen with an SPF of 30 or higher every day that you plan to spend time outdoors, including cloudy days. Water resistance is a plus, especially if you'll be spending time in the water or in the heat where you'll sweat it off.

Be sure to apply sunscreen to all areas of the body that will see sun exposure. Don't forget lips and backs of hands too. When in doubt, the rule of thumb is one ounce of sunscreen to cover the whole body. Reapply every two hours or after swimming or sweating.

### How to Calculate an SPF That's Right for You

**Fair skin** — can stay in the sun 10 minutes before burning

**Olive skin** — can stay in the sun 15 minutes before burning

**Dark skin** — can stay in the sun 20 minutes before burning

Multiply the SPF by the number of minutes you can stay in the sun before burning. For example: (SPF) 20 x 10 (Fair skin) = 200 minutes (amount of time you can stay in the sun before burning if you have Fair skin and use an SPF of 20).

## Our Criteria

You are likely familiar with the annual Environmental Working Group (EWG) Skin Deep Sunscreen Guide. It's a great place to get ingredient and sunscreen usage information, but if you are using the EWG report as a shopping guide there are a few things you should know first.

The EWG Guide provides detailed information on the best sun protection in each category, including mainstream brands, ranked by health hazard, UV protection, and stability. But some sunscreens on the list with low hazard rankings contain ingredients, like silicones and synthetic preservatives, that may not be as healthy as they could be. The bottom line ... if a sunscreen is in the EWG guide it is not necessarily nontoxic. And if a product is not in the EWG guide, that doesn't mean it is not safe or effective. As always, we recommend [reading ingredient listings](#) when in doubt.

All products recommended in the Organic Authority Sunscreen Guide are mineral sunscreens free from synthetics and other questionable ingredients. No scales or ingredient listings to decipher. As with our sunscreen guides from years past, you can trust that all products we've listed are free from harmful ingredients, high quality, and safe for use.

If you don't see a sunscreen on this year's list that was on last year's list, the product is no longer available or has undergone reformulation of ingredients. We evaluate each product we recommend annually. If the product's ingredients no longer meet our standards, we remove it from the list.

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## Best 38 Natural Sunscreens of 2018

### Face





### 7. Kari Gran Three Sixty Five SPF 28

The daily wear sunscreen of your dreams. This facial sunscreen oil is easy to use, feels good on skin, and is totally customizable. For a quick tinted sunscreen that suits your skin tone 100%, the brand suggests adding a bit of powder mineral foundation to a pump or two of Three Sixty Five and blending in hands before apply to face. For best results, moisturize skin before applying the sunscreen. \$48, EWG Sunscreen Guide 2017

<http://www.organicauthority.com/the-38-best-expert-approved-natural-sunscreens-for-2018/>