

SKIN & REEF FRIENDLY

# SUNBLOCK

Simple steps to take care of your skin and our oceans



## Healthy Skin

Sunscreens give us the protection that we need to stay outdoors longer and enjoy basking in the sun. Although sun-screens can help, they can also harm. Many of the ingredients that are harmful to the ocean are also harmful to people. The active ingredients are designed to protect the skin and to do so; these ingredients penetrate the skin and can be found in our blood and lungs, they also mimic hormones, which can have serious health concerns. More studies are required to fully comprehend the health risks, in the meantime, let's be safe and follow the TIPS section.

## Healthy Reefs

Coral Reefs are delicate and sensitive to chemicals found in most sunblocks. These chemicals affect the overall health (growth and reproduction) of the reefs. To preserve marine ecosystems, the State of Hawaii has passed a bill ([SB2571](#)) banning the ingredients oxybenzone and/or octinoxate. This new bill will make it easy for us to shop for sunblock, but the bill does not go into effect until 2021. In the meantime, we need to read the labels! The Kohala Center has done the work for us and has listed Reef friendly sunblocks. Three that are Hawaii based:

1. [Ko'a Organics](#)
2. [Kōkua Sun Care](#)
3. [Raw Love](#)

## TIP

Use this list to shop for sunscreens

### AVOID

- Oxybenzone
- Avobenzone
- Homosalate
- Octinoxate,
- Octocrylene
- Nanoparticles
- Vitamin A (retinyl palmitate)
- Added insect

### SAFE TO USE

- Zinc oxide
- Titanium dioxide
- Without nanoparticles
- Avobenzone Mexoryl SX
- Cream based
- Water resistant
- Broad Spectrum
- SPF up-to 50
- Aloe after sun exposure



## RESOURCES

The Kohala Center: <http://kohalacenter.org/kbec/reef-friendly-sunscreen>  
The Environmental Working Group (EWG): <https://www.ewg.org/>