

allure

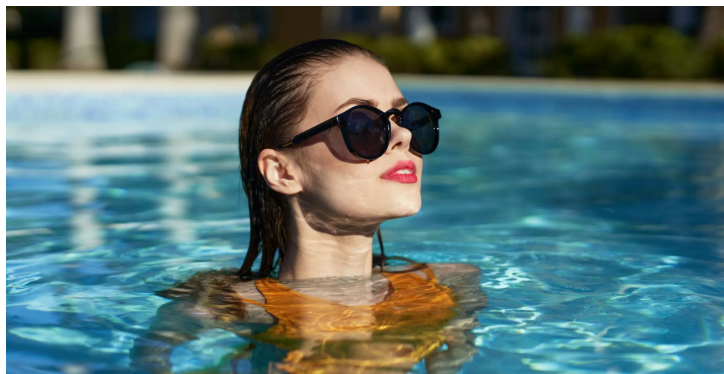
SUNSCREEN SELECTION

Should You Use Mineral or Chemical Sunscreen? The Differences, Explained

More consumers than ever are educating themselves on sun protection — and what goes *into* it. Before you pick up your next mineral, chemical, or hybrid (yes, it exists) formula, read up on what their labels really mean.

BY JESSICA OURISMAN AND LEAH PRINZIVALLI

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Meet the experts:

- **Muneeb Shah, MD**, a board-certified dermatologist based at **Atlantic Dermatology** in Wilmington, North Carolina
- Krupa Koestline, a cosmetic chemist and founder of **KKT Consultants**
- **Loretta Ciraldo, MD**, a Miami-based board-certified dermatologist and the founder of the skin-care brand **Dr. Loretta**
- **Hadley King, MD**, a board-certified dermatologist in New York City and clinical instructor of dermatology at the Weill Medical College of Cornell University
- **Corey L. Hartman, MD**, a board-certified dermatologist and founder of **Skin Wellness Dermatology** in Birmingham, Alabama
- Ron Robinson, a cosmetic chemist and founder of **BeautyStat**
- Sejal Shah, MD, a board-certified dermatologist and founder of **SmarterSkin Dermatology in NYC**
- **Ginger King**, a cosmetic chemist and owner of Grace Kingdom Beauty
- Kimberly Cayce, MD, a board-certified dermatologist and founder of **Cayce Dermatology Center**
- **Dr. Neda Mehr, MD**, a board-certified dermatologist and founder of Pure Dermatology Cosmetic & Hair Center in Newport Beach, California

Dr. Neda Mehr, M.D., board-certified dermatologist and founder of Pure Dermatology Cosmetic & Hair Center in Newport Beach, California, puts it more simply: "Chemical sunscreens absorb into your bloodstream. They don't know what the implications mean, but the bottom line is to minimize chemicals." She errs on the conservative side, advising her patients to avoid chemical sunscreen altogether and opt for a physical one, such as her go-to **EltaMD UV Stick Broad-Spectrum SPF 46**.



EltaMD UV Clear Broad-Spectrum SPF 46

\$37

Babyganic SPF 50 Sunscreen Lotion

Aside from the convenience of using the same products as your kids, there's a reason any adult should use child-friendly skin care: it's built to be as gentle as possible. Dr. Mehr recommends **Babyganics SPF 50 Sunscreen Lotion**, which contains six percent zinc oxide and three percent titanium dioxide.



Babyganics SPF 50 Sunscreen Lotion

\$16 AT TARGET