
ECO-TRAVEL TO BELIZE

February 8-17, 2020

Reef Safe Sunscreen

Below is a list of cautionary ingredients not allowed in many eco-marine reserves. This is because they have a negative effect on corals from damaging DNA to bleaching. Unfortunately, one or more is in over 90% of sunscreens on the market:

- Avobenzene
- Benzophenone-3
- Butyl/Methoxydibenzoylmethane
- Butylcarbamate
- Butylparaben
- Cetyl Dimethicone
- Cinoxate/Cinnamate
- Dimethyl Apramide
- Dioxybenzone
- Hexyldecanol
- Homosalate
- Menthyl Anthranilate
- Methlparaben
- Methylbenzylidene
- Nano-Particles
- Octinoxate
- Octocrylene
- Octyl Salicyclate
- Oxybenzone
- Padimate O / Paba
- Phenylbenzimidazole
- Polyethylene
- Propylparaben
- Sulisobenzone
- Titanium coated in Aluminum or Dimethicone
- Trolamine Salicyclate

CHECK THE LABELS: While no sunscreen has been proven to be completely 'reef-friendly,' those with titanium oxide or zinc oxide, which are natural mineral ingredients, have not been found harmful to corals. Sunscreens sold for children or for those with sensitive skin may contain these gentler compounds as the active ingredients.

From: WWW.REEFSATRISK.ORG

WHAT YOU CAN DO TO HELP: Protect coral reefs and marine life by choosing to wear sun-protective clothing and sunscreens with non-nano zinc oxide. Many sunscreens are now being labeled as "reef safe" when they are not! If they contain any of the following chemicals they are not reef safe: oxybenzone/benzophenone, octinoxate, octisalate/octocrylene, homosalate, avobenzene, ethylhexyl methoxycinnamate, parabens, retinyl palmitate, and fragrance. Read your labels!

Below are some of our favorite sunblocks that meet our standards for both human and coral health. These brands use mineral sun protective shields such as non-nano zinc oxide and/or titanium dioxide as their active ingredients and they stay clear of all chemicals that the State of Hawaii's Department of Land and Natural Resources asks ocean goers to avoid. This includes: oxybenzone/benzophenone, octinoxate, octisalate/octocrylene, homosalate, avobenzene, and ethylhexyl methoxycinnamate. They also avoid other harmful chemicals such as parabens, "fragrance" and retinyl palmitate. Many of these brands can be found at your local health food store or you can simply click on the logos below to order online.

They are: Raw elements, goddess garden organics, suntegrity, My Chelle, annmarie, stream 2 sea, derma-e, juice beauty, raw love