



# Ultimate Guide to Sunscreen



## What you need to know

The sun plays 3 crucial roles in my day:

- Circadian rhythm – I start my day with 10-20 minutes of morning sunlight to wake my body up and improve my mood.
- Vitamin D – The best and most efficient source of vitamin D is the sun.
- Reduce Stress – Sun exposure increases your blood levels and releases endorphins into your blood stream. Endorphins are an important stress-response hormone.



## Ingredients to look for

You want to look for simple, easy to pronounce ingredients.

- Look for Mineral: zinc oxide, fragrance free, EWG Verified.



## My favorite brands

There are a lot of incredible sunscreen brands on the market. Here are my favorites!

- [Babo Botanicals](#)
- [Organic Jaguar](#)
- [Badger](#)
- [Think](#)
- [Sky and Sol](#)



## Ingredients to avoid

These chemicals have been linked to hormone disruption and skin irritation:

- Oxybenzone, Octinoxate, Homosalate, Octocrylene, Retinyl Palmitate, Avobenzone
- Parabens, phthalates, and fragrances.
- Avoid spray because these contain propellants

