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Welcome to Wellness Wednesday!

Carmela Wolf here at Down to Earth on King Street.

Today we're going to talk about a little bit about sunscreens.

Healthy sunscreens at that.

Now, we're pretty fortunate that it's really sunscreen season year round here in Hawaii and what's really important is the type of sunscreen that you use.

Now several years ago there was studies showing how chemical sunscreens were destroying our reefs and other studies since then have showed that as well and also even causing birth defects in different sea life such as sea urchins and mussels affecting fish and even dolphins.

So we don't want to use any of those chemicals sunscreens and when we found out about this many years ago, we said no more oxy-benzene or chemicals like that in our sunscreens.

We're only selling mineral sunscreens.

So, what's the difference and what does it all mean?

So, chemical sunscreens are made to actually absorb the light and mineral sunscreens are a physical barrier that reflect the light back.

The chemical sunscreens can be broad-spectrum but for many years, it wasn't.

I had a gentleman the other day asked me,

"What is broad-spectrum mean?"

There's UVA and UVB light.

Now most of the chemical sunscreens for many years

were just taking care of UVB which is the

"B" for "Burn" is the way I remember it.

But the UVA - "A" for "Aging" -

aging your skin was being ignored.

Over the years, they started making

ones that affected both but mineral sunscreens

like Zinc, they are definitely broad spectrum and

they help prevent all of those from getting to your skin.

So creating, again, a physical barrier on the skin.

Now, is Zinc Oxide, you know, healthy or safe?

Certainly it is. In fact that's the active ingredient in most baby diaper rashcreams.

If you look at it, active ingredient: Zinc.

So, yes it's actually good for the skin and

and can help heal the skin too.

Now, some people are kinda like "Oh, I don't know."

"Does it work well?"

Well, we have plenty of different options to choose from as well as ones that are higher potency meaning like a SPF 50.

We have plenty of sprays to choose from.

Different ones that are also good for babies and children too.

because they're safe, they're natural.

They don't affect us or the ocean in a negative way.

I have a lot of people that go,

"Oh, I don't know about this white look on the skin."

I kinda like being able to see that I got that coverage

but if you don't like that, there are great tinted sunscreens too

that you can put on and it doesn't look so glaring white like a ghost, right?

And if you're someone who also likes to avoid plastic and be more sustainable, we have several local lines that are sustainable as well.

And they're also tinted and non tinted versions too.

So plenty of great, natural sunscreens you can use to be safe all year long when you're out in the sun and having fun.

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