

Choosing a Sunscreen for Sensitive Skin and Allergies

The days are becoming longer, and the sun's rays are intensifying; yes, at last, summer is almost here. While I highly advocate letting your skin soak up some of that wonderful Vitamin D, too much time in the direct sunlight will turn many of us into upright lobsters. With Memorial Day here to kick off those first outdoor picnics and barbecues, Karen at Avoiding Milk Protein is prepared. She rounded up a list of sun protection brands that cater to vegans, sensitive skin, and ... food allergies. Even though we usually only concern ourselves with the food we ingest, food-based ingredients and extracts linger in many lotions and can cause hives, rashes, or other reactions to those who might be allergic.

Keep in mind, though the companies listed below cater to sensitive skin issues, skin reactions vary greatly from person to person. Spot check any new lotion on a patch of skin before smearing it all over your body, and use extreme caution whenever severe allergies are a concern ...

"The following is a list of sunscreens and other cosmetic products that have allergy information on their web sites. Many other companies will answer questions about allergies on the phone."

Kiss My Face has both vegan and gluten free information on its web site. They offer several different sunscreens and a bug spray.

Kineys offers skin care and sunscreen with the claim that "No parabens, preservatives, nanoparticles, nuts, nut oil, gluten, dairy, egg, soy, sulphites or colourants have been added to these products."

Desert Organics includes products that are 100% vegan, wheat and gluten free.

Sun Sacks SPF 30 roll on sunscreen is free of any nut extracts (UK).

Alba Botanica offers vegan information on their website. [I have had great luck with their sunscreens which are quite affordable for an all-natural product]

Affusion Skincare is vegetarian and vegan friendly, with gluten free options.

Airborne offers certified vegan products, and they have a gluten free list. Some products do contain nut-based ingredients.

California Baby makes natural care for babies, kids and sensitive adults. They vow, "No nut oils, gluten, soy, oats, and dairy." They also offer a bug repellent.

Here are a few additional sunscreen brands that I mention in the skin care and cosmetics section in Go Dairy Free: The Guide and Cookbook:

Nature's Gate is 100% vegan / dairy-free. Inquire on other allergy concerns.

Blue Lizard has been recommended to me by those with sensitive skin and who have tots with multiple food allergies.

Avalon Organics is another natural skin care company that is 100% vegan / dairy-free, but of particular note is their "baby" line that includes a natural mineral sunscreen.