

# 6 Derm-Approved Natural Ways to Protect Your Skin From the Sun

"It's like a million little umbrellas protecting you from the sun's rays"



ELLE BY JUSTINE CARREON MAR 17, 2017

It's still up in the air (or ocean) whether [chemical-based sunscreens are damaging the coral reefs](#), but it's better to be safe than sorry and opt for safer formulas. "Natural sunscreens, aka physical sunblocks, include zinc oxide and Titanium dioxide. These reflect the sun off the skin as well as create a blocking barrier," says David Colbert, MD of New York Dermatology Group. "It's like a million little umbrellas protecting you from the sun's rays."

Melanie Palm, M.D. from Art of Skin in California shares the same sentiment. "'Natural' sunscreen is a marketing term, it is not how the FDA or dermatologists classify sunscreen agents or categories," she says. Think of it as a physical protection versus a chemical reaction with your skin. "Chemical sunscreens change light into heat energy. Heat causes inflammation on the skin, which can cause deleterious effects on the skin and premature aging changes." So between potential wrinklage *and* saving the oceans, we're going to go ahead and say natural is the way to go.



## NYDG Chem-Free Active Defense SPF30

Colbert, whose clients include Emma Stone, Michelle Williams, and a bevy of Victoria's Secret models (take a minute to digest that roster), is the founder and head dermatologist at New York Dermatology Group. With his practice, they launched their own line of skincare products, including their chemical-free SPF. It's "enriched with argan oil plus antioxidants and zinc oxide," he says. "It goes on smoothly with no white residue and mixes well with makeup, making it great for everyday use."

*NYDG Chem-Free Active Defense SPF30, \$98; [nydg.com](http://nydg.com)*

