



WHO WHAT WEAR

FYI: These Are the Only 9 Sunscreens Dermatologists Recommend for Sensitive Skin

By Erin James | July 12, 2019



If choosing a sunscreen this day in age isn't complicated enough, choosing a sunscreen feels *impossible* when you have sensitive skin. Not only are there a million different formulas for every body part, finish, and level of SPF, but there's also the whole chemical-versus-physical debate. *Daunting*. Especially since everyone defines "sensitive" differently.

"As a dermatologist, it becomes tricky to tease out what people mean when they tell us they have sensitive skin," explains **Anna Guanche, MD**, a board-certified dermatologist at the Bella Skin Institute in Calabasas, California. "People often self-assign themselves as 'sensitive,' which can mean they break out easily, have allergic reactions, have 'thin skin,' or are especially prone to flushing or pigmentation when they apply certain products."



"This sunscreen from EltaMD contains only physical blockers and is very well tolerated," explains **Guanche**. "It's a tinted sunscreen with a non-greasy, water-resistant formula that blocks skin damage."



"Interestingly, a sensitive skin–geared formula may sometimes be a blend with chemical and physical sunscreen ingredients," **Guanche** says. "Chemical ingredients like octocrylene or octinoxate are found in sensitive-skin sunscreens like this one from Avène. This formulation is great for those with a red complexion, is hypoallergenic, and won't clog pores. Plus it contains thermal spring water to aid in skin-barrier repair."



"This sunscreen for sensitive features broad-spectrum UVA/UVB protection and is water-resistant, non-greasy, hypoallergenic, reef-friendly, and free of parabens, gluten, PABAs, and oil," advises [Guanche](#). "Sun Bum also makes a great sunscreen stick (sold here!) for the face with primarily physical blockers."

4 More Important Sensitive-Skin Tips for Summer

3. Always Wear Sun-Protective Clothing and Accessories



All three dermatologists we talked to mentioned that wearing sun-protective clothing, hats, and the like is a must for people with sensitive skin. Don't just protect your face! **Guanche** recommends the brand Coolibar, in particular, which makes UV-blocking clothing.

4. Don't Forget Your Lips



"An SPF-infused lip balm is a must!" **Guanche** adds. She recommends keeping this protective balm from EltaMD on hand at all times.

<https://www.whowhatwear.com/best-sunscreens-for-sensitive-skin>