

## *Healthy Skin Protection Options for Summertime!*



### **Natural Repellents- DEET Free**

- **Citronella** and **Lavender** can be found in most natural bug repellents. They protect people from mosquito bites from anywhere from 30 minutes to two hours. Citronella oil is a natural insect repellent that should be rubbed on the skin, and it is safe for children over two years of age and pregnant women. Keep away from eyes.
  - Examples of natural repellent products: *Buzz Away Insect Repellent by Quantum* (citronella oil- 5%), *Natrapel DEET-Free Insect Repellent for Children & Adults* (citronella- 10%)
- **Neem oil** is a natural product that is derived from an Indian Tree. It has been shown to provide protection from mosquitoes for up to 12 hours in one study. Azadirachtin, from the seeds, was found to both repel and disrupt the growth and reproduction of many destructive insect species.

### **Sunscreen**

- The goal of using sunscreen is to cover exposed areas of skin, including top of ears, scalp where there is thinning or no hair, noses and bony surfaces. Using sunscreen along with proper clothing, a hat and shade will provide adequate protection for your skin.
- Make sure SPF is 15 or higher. Buy new sunscreen every year.
- Common active ingredients found in sunscreen include:
  - **Octinoxate (octyl methoxycinnamate)**- most widely used sunscreen ingredient. Estrogenic effects have been noted in some animal studies.
  - **Oxybenzone (benzophenone)**- absorbed through the skin in significant amounts.
- Try these natural alternatives:
  - Examples of natural sunscreen products: *Peter Thomas Roth Titanium Dioxide*, *Jason Natural Cosmetics Sunbrellas SPF 30+*.