

totalbeauty

Here's Why It's Time to Switch to a Zinc Oxide-Based Sunscreen

The top reasons to choose a zinc oxide-based SPF

by Christina Heiser |

PHOTO 2/4



You'll Soothe Sensitive Skin If you have sensitive skin, it's time to give mineral sunscreen a try. That's because zinc oxide (one of the star ingredients in mineral-based SPFs) has anti-inflammatory properties, meaning it has calming benefits for easily irritated skin, notes [Michelle Yagoda](#), MD, facial plastic surgeon in New York City. It makes sense, given that zinc oxide is what's used to soothe diaper rash!