

dōTERRA[®] sun



Suns Out, Skins Out

Everybody needs sun exposure to produce vitamin D. But unprotected exposure to the sun's ultraviolet (UV) rays can cause damage to the skin, eyes, and immune system. It can also cause cancer.

Sun-damaged skin



Wrinkle



Brown spots



Photoaging

Premature aging



Understanding the Sun's Effects on the Skin

Sunlight contains ultraviolet (UV) rays, which consist of different types of rays. You're probably most familiar with UVA and UVB rays. These rays can affect your skin in different ways.

What are Ultraviolet (UV) Rays?

Effect	UVA	UVB	UVC
Wavelength	Longest	Medium	Shortest
Absorption level	Not absorbed by the ozone layer	Mostly absorbed by the ozone layer, but some do reach the Earth's surface	Completely absorbed by the ozone layer and the atmosphere, but as stratospheric ozone decreases
Short-term effects	Sunburn, immediate tanning	Sunburn, blistering, and delayed tanning	Redness, ulcers, and sores, as well as severe burns
Long-term effects	Wrinkles, premature aging, and some skin malignancies	Skin cancer can hasten the aging process	Skin cancer, as well as premature aging
Source	Tanning beds and sunlight	Sunlight and tanning beds	UVC lights, mercury lamps, and welding torches
% of the sun's UV	~95	~5	0 (the environment filters out)
Protection	Always use a broad-spectrum sunscreen	Always use sunscreen with at least SPF 15	Avoid entering the plenum where UV-C lamps are active

What precautions can you take to safeguard yourself?



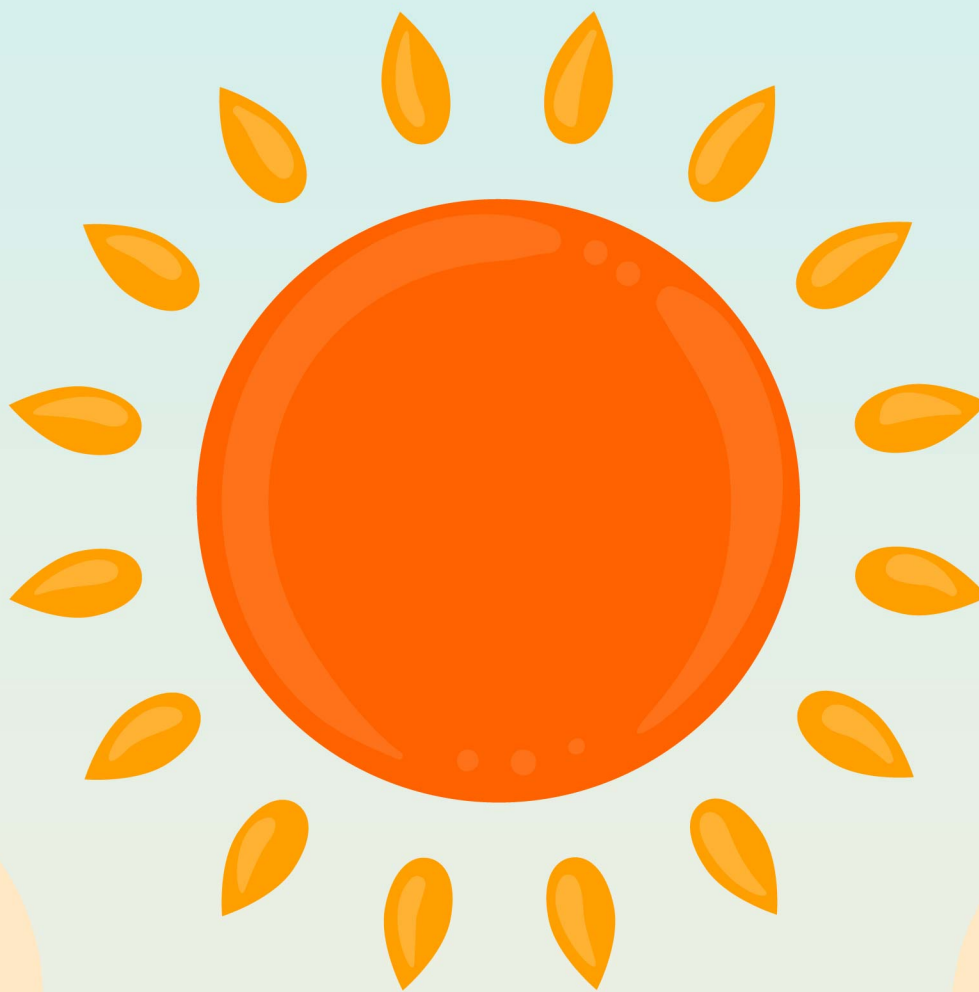
put on a hat



use
sunglasses



use
sunscreen



wear
protective
clothing



avoid sun
between 11 am
and 3 pm



drink more
water



avoid direct
sunlight

Choosing the Right Sunscreen



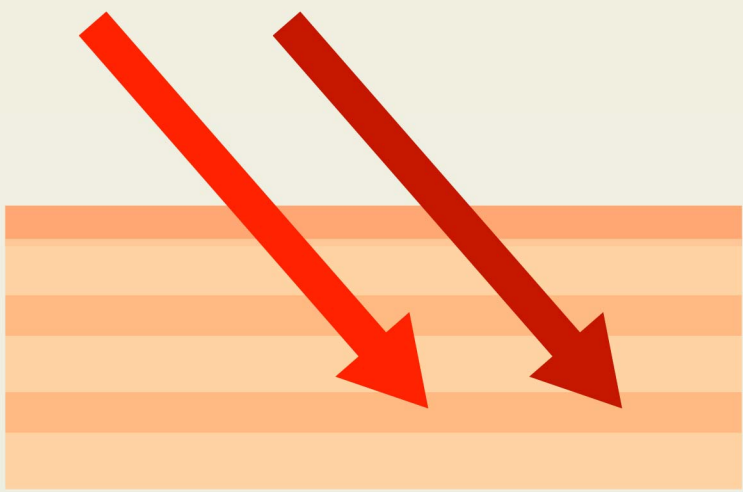
Physical Sunscreen

Commonly known as **mineral sunscreens**, work by creating a physical barrier on the skin that shields it from the sun's rays.

Deliver broad-spectrum protection by reflecting UV radiation away from your skin. They also help ward off UVA-related skin damage, including hyperpigmentation and wrinkles.

Immediate protection after applying.

Look for mineral sunscreens that use non-nano-sized particles.



Chemical Sunscreen

Chemical sunscreens do not sit on the skin or block rays. Instead, they feature active ingredients that absorb UV rays before your skin can soak them up. These chemical UV filters include:

- oxybenzone
- avobenzene
- octisalate
- octocrylene
- homosalate
- octinoxate

Although, it has not yet found evidence that most sunscreen chemicals can cause harmful side effects. That said, the FDA has banned two sunscreen ingredients:

- aminobenzoic acid (PABA)
- trolamine salicylate

Should be applied 30 minutes before sun exposure.

Look for Chemical Sunscreens that are Oxybenzone Free.

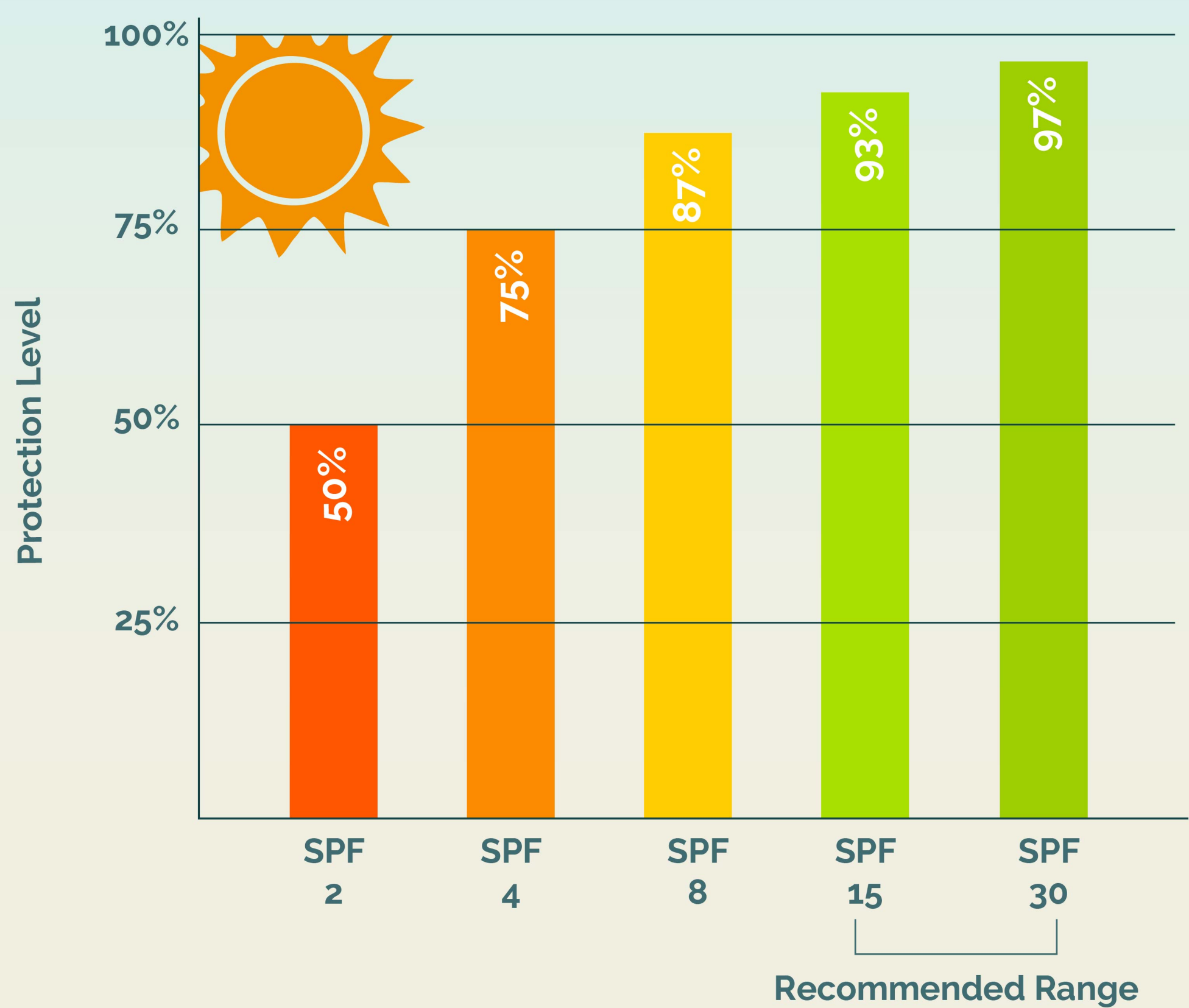
What is Sun Protection Factor (SPF)?

It represents how well a product will protect you from the sun's ultraviolet B (UVB) rays.

The SPF number indicates how long it takes for the skin to redden when exposed to the sun with protection versus how long it takes without protection.

When used exactly as suggested, an SPF 30 product will take the sun 30 times longer to burn the skin than skin directly exposed to the sun without protection.

SPF (Sun Protection Factor)
and Level of Protection



dōTERRA[®] sun

When you've got big adventures planned, the last thing you should be worrying about is what's in your sunscreen. Worry no more with dōTERRA sun. dōTERRA sun is the natural mineral sunscreen you've been waiting for. It uses only clean, safe, and effective ingredients for a sunny day. Made for every day, every age*, and everybody, we've got you covered...*naturally*.

Natural Sun Protection

Nothing beats an easy, breezy, sunny day of leisure and relaxation. Imagine yourself laughing with family and friends late into the evening, with the fragrance of something delicious on the grill and the sound of water splashing between bouts of laughter.

Believe it or not, such days and moments can be even better. You don't have to be concerned about what's in your sunscreen when you use dōTERRA sun. You can rely on natural sun care with confidence. dōTERRA sun covers you as you embark on outdoor excursions and challenges you've always wanted to try. You get all with dōTERRA sun:

- **Vegan-friendly, cruelty-free, and reef-safe products**
- **Aloe vera, vitamin E, and other healing natural ingredients**
- **Non-nano zinc oxide—a safe, natural mineral sunscreen filter**
- **Broad-spectrum SPF 28 protection**

And **none of this:**

- Oxybenzone
- Phthalates
- Chemical sunscreen filters
- Harsh, synthetic ingredients
- Parabens

The entire dōTERRA sun delivery system contains different SPF versions ensuring that you are protected during your time in the sun. Have fun out there and soak up some dōTERRA sun!

Every day, every age*, everybody, we've got you covered...*naturally*



*Consult a doctor before use for children under 6 months of age.

dōTERRA sun Face + Body Mineral Sunscreen Lotion

dōTERRA sun Face + Body Mineral Sunscreen Lotion has an **SPF of 30, is water-resistant for up to 80 minutes, and protects against UVA and UVB rays.** It features a handy flip top, so you won't lose the lid while applying it.

Non-nano zinc oxide provides protection, while aloe vera, bisabolol, vitamin E, raspberry seed oil, avocado oil, and jojoba esters provide soothing healing.

Vitamin E, commonly known as tocopherol, is incredibly beneficial. Your skin will be happy. Every dōTERRA sun product contains it!

Hydrating and nourishing components include **raspberry seed, avocado, and jojoba esters.**

The lotion, like all dōTERRA sun products, contains pure essential oils. It contains essential oils of **CPTG® Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense, Helichrysum, and coconut CO2 extract**, creating a pleasantly light and joyful aroma.

Use dōTERRA sun Face + Body Mineral Sunscreen Lotion in the same way you would any other sunscreen lotion. Apply liberally to any exposed skin before spending time in the sun, massaging gently until there is no apparent residue. Our sunscreen is immediately effective, but it doesn't harm to let it dry for a few minutes before starting, especially if your activities involve water. Remember to reapply!



dōTERRA sun Face Mineral Sunscreen Moisturizer

dōTERRA sun Face Mineral Sunscreen Moisturizer contains **non-nano zinc oxide** like the other dōTERRA sun SPF products. SPF 28 protect your face from UVA and UVB rays. It'll be a highlight in your skincare routine because it's designed to feel and perform like a lightweight daily moisturizer!

Noncomedogenic and dermatologist-tested, dōTERRA sun Face Mineral Sunscreen Moisturizer contains **moisturizing vitamin E** and **antioxidant-rich botanicals** such as **evodia, grapeseed oil, and CPTG® Frankincense, Helichrysum, Magnolia, Ylang Ylang, Lemongrass, and Red Mandarin essential oils.**

Get outside and enjoy the sun. You're naturally protected with dōTERRA sun.

