



Sun Filter Guide

By RoseKin Cosmetics
Switzerland

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Welcome

Hi, I am the founder of RoseKin Cosmetics, where we seamlessly blend K-Beauty sun protection with Swiss design. Additionally, I am a sun protection expert and have the privilege of educating professionals throughout Switzerland.

Sun protection is an essential part of skincare and protection against harmful UV rays. As a sun protection expert, I want to draw your attention to the significant differences between various sun filters.

My goal is to inform you that not all sun filters are the same - there are both good and less good ones.

At RoseKin, our product range includes SPF-infused essentials such as loose powder with SPF 50+ and BB cream with SPF 50+, focusing on lightweight comfort and high sun protection to combat premature skin aging.

We only use filters that we fully stand behind.

I am excited to equip you with a tool to help you better navigate the jungle of sun protection.



Jessica K.G.



Why Traditional Chemical Sunscreen Filters Can Be Concerning:

We advise against using old chemical UV filters because they can act as endocrine disruptors and disrupt hormonal balance.

Numerous studies have documented their presence in breast milk. A Swiss study from 2010 found old UV filters in 85.2% of samples, and a Spanish study from 2018 discovered high concentrations of oxybenzone in breast milk samples.

Studies have shown that oxybenzone, octinoxate, octocrylene, enzacamene, and homosalate are detectable in breast milk.

Why are these old chemical UV filters problematic? Endocrine disruptors can disturb the delicate hormonal balance in the body, leading to various health issues. These substances can penetrate the body and mimic or block hormonal signals, which is particularly concerning for pregnant women and young children.



An Overview of Sunscreen Filters Used in Europe:

Anorganic (Physical) Sun Filters

- **Titanium Dioxide** – UVA2, UVB
- **Zinc Oxide** – UVA1, UVA2, UVB

Allergies to sunscreen filters are often triggered by ingredients such as avobenzone, octinoxate, octocrylene, oxybenzone, and PABA

Organic (chemical) Inhaltsstoffe

* Modern Sun Filter

- **Tinosorb M*** (Methylene bis-benzotriazolyl tetramethylbutylphenol, Bisocotrizole) - UVA1, UVA2, UVB
- **Tinosorb S*** (Bis-Ethylhexyloxyphenol Methoxyphenyl Triazine, Bemotrizinol) - UVA1, UVA2, UVB
- **Uvasorb HEB*** (Diethylhexyl Butamido Triazone, Iscotrizinol) - UVA2, UVB
- **Uvinul A Plus*** (Diethylamino Hydroxybenzoyl Hexyl Benzoate) - UVA1, UVA2
- **Uvinul T*** (Ethylhexyl Triazone, Octyl Triazone) - UVB
- **Avobenzone** (Butyl Methoxy Dibenzoyl Methane) - UVA1, UVA2
- **Enzacamene** (4-Methylbenzylidene Camphor) - UVB
- **Homosalate** (Homomethyl salicylate) - UVB
- **Octocrylene** (Octocrilene) - UVA2, UVB
- **Oxybenzone** (Benzophenone-3) - UVA2, UVB
- **Octisalate** (Ethylhexyl Salicylate, Octyl Salicylate) - UVB
- **Padimate O** (PABA, Ethylhexyl Dimethyl) - UVB
- **Phenylbenzimidazole** (Ensulizole) - UVB

We recommend this filters:

- **Titanium Dioxide - non nano** – UVA2, UVB
- **Zinc Oxide - non nano** – UVA1, UVA2, UVB
- **Tinosorb M*** (Methylene bis-benzotriazolyl tetramethylbutylphenol, Bisotrizole) - UVA1, UVA2, UVB
- **Tinsorb S*** (Bis-Ethylhexyloxyphenol Methoxyphenyl Triazine, Bemotrizinol) - UVA1, UVA2, UVB
- **Uvasorb HEB*** (Diethylhexyl Butamido Triazone, Iscotrizinol) - UVA2, UVB
- **Uvinul A Plus*** (Diethylamino Hydroxybenzoyl Hexyl Benzoate) - UVA1, UVA2
- **Uvinul T*** (Ethylhexyl Triazone, Octyl Triazone) - UVB
- **Octisalate** (Ethylhexyl Salicylate, Octyl Salicylate) - UVB

It has been found that sunscreen filter allergies are often triggered by ingredients such as avobenzene, octinoxate, octocrylene, oxybenzone, and PABA.

We advise against the use of nano physical filters.

Please pay careful attention to the ingredients in the sunscreens you use. Often, packaging will list names like avobenzene or butyl methoxy dibenzoyl methane – both refer to the same problematic ingredient.

We advise against the following filters:

1. **Avobenzone (Butyl Methoxy Dibenzoyl Methane) - UVA1, UVA2**

- Problems: Avobenzone is a UVA filter that becomes unstable under UV light, reducing its effectiveness and increasing the likelihood of skin damage. There is also evidence that, like other chemical UV filters, it is systemically absorbed and can remain in the body.

2. **Enzacamene (4-Methylbenzylidene Camphor) - UVB**

- Problems: This filter is associated with hormonal disruptions and can mimic endocrine disruptors. Studies have shown that it can have both health and environmental impacts.

3. **Homosalate (Homomethyl Salicylate) - UVB**

- Problems: Homosalates are known to be hormonally active substances and can disrupt hormonal balance. Additionally, it is easily absorbed through the skin and remains in the body.

4. **Octocrylene (Octocrilene) - UVA2, UVB**

- Problems: Octocrylene can trigger allergies and has a high absorption rate into the body. It is also known to impair the stability of other UV filters and has potential hormonal effects.

5. **Oxybenzone (Benzophenone-3) - UVA2, UVB**

- Problems: Oxybenzone is a known endocrine disruptor that can cause hormonal imbalances. It has been detected in high concentrations in human tissues, including breast milk.

6. **Padimate O (PABA, Ethylhexyl Dimethyl) - UVB**

- Problems: Padimate O, also known as PABA, is known for its allergenic properties and can cause phototoxic reactions. Due to its high rate of skin reactions, it has been deemed unsafe by many health organizations.

7. **Phenylbenzimidazole (Ensilizole) - UVB**

- Problems: Ensilizole is a UVB filter known for its potential hormonal effects and allergic reactions.

Good Skin By Design Guide

Our "**Ultimate Sun Protection Guide**: Your Path to Radiant Skin" is the solution for anyone seeking clarity in the jungle of sun protection products. Say goodbye to confusion with clear explanations of the differences between physical and chemical sunscreen filters. Our scientifically-backed guide provides reliable facts, supported by experts and based on the latest studies.

FROM THE DANGERS OF REPEATED SUN EXPOSURE TO THE CONNECTIONS BETWEEN TANNING, UV RAYS, SUNSCREEN FILTERS, AND VITAMIN D PRODUCTION.

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