

# Water-Resistant vs Waterproof Mineral-Based Sunscreen – What’s the Difference?

If you’re an outdoorsy person who loves swimming, surfing and generally active pastimes that involve getting wet, you’re likely to have encountered the terms ‘water-resistant’ and ‘waterproof’ when shopping for mineral-based based sunscreen. The question is, what’s the difference? *Is there a difference between the two?*

There’s a lot of confusing terminology used in the sunscreen industry that can make choosing the ideal product for your needs quite difficult. In this blog, we demystify the subject so that you get to make better, more informed decisions when choosing your mineral-based sunscreen.

## ***No Sunscreen is Waterproof or Sweatproof***

If you find a chemical or mineral-based sunscreen for sale that claims to be either ‘sweatproof’ or ‘waterproof’, you shouldn’t take it at its word. That’s because in most countries, legislation is in place to stop companies from making these claims due to the fact that no chemical or mineral-based sunscreen is able to completely resist either sweat or water.

In order to remain within the bounds of the law, sunscreen companies are only able to claim that their products are water resistant for so long (40 or 80 minutes). After this time, you’ll need to reapply again to avoid UV damage.

## ***Chemical Sunscreens Harm the Environment***

Another aspect that needs to be considered for active people who love water-based activities is the effect that their

sunscreen is having on the environment. Chemical sunscreens contain high levels of chemicals like Oxybenzone and Octinoxate that are believed to cause bleaching of coral around the world. Every drop of the stuff that gets washed off your skin can end up potentially harming the environment.

Believe it or not, an estimated 6,000 to 14,000 tons of sunscreen finds its way into our oceans each year. Left unchecked, it's something that could contribute to our beautiful coral reefs disappearing altogether.

### ***Mineral-based Sunscreens Love the Reef***

There's a range of water and sweat-resistant mineral-based sunscreens that are not only super-effective at keeping yours and your family's skin protected against the broad spectrum of UV rays, but also that's kind to our precious, fragile coral reefs.

Join the growing number of people who are choosing to [switch to mineral-based sunscreen](#) from their usual chemical varieties. Look for a comprehensive range that includes sensitive skin sunscreen, sunscreen sticks, baby sunscreen, sunscreen for kids and sunscreen for face.

Thanks for reading. We'll be back with more news, tips and advice from the home of environmentally friendly mineral sunscreen again soon.