

Beauty > Skincare

What Sunscreens Are Pregnancy-Safe? Plus, the Best Ones to Try

SPF is ultra-important when you're pregnant, but not all formulas are baby-friendly.

BY [LINDY SEGAL](#) / PUBLISHED: MAR 22, 2023



COURTESY

No matter your regular wellness routine, pregnancy is bound to change things up. We have an entire [guide dedicated to pregnancy-safe skincare](#), but at the moment we're focusing on one thing in particular: sunscreen. Because SPF should *always* be in your routine—whether you're pregnant or not—it's important to know what products are safe to use.

"Not all sunscreens are considered safe for pregnancy because they contain ingredients that can be harmful to a fetus," explains [Roberta Moradfar](#), board-certified advanced aesthetics nurse practitioner and founder of [EFFACE Aesthetics](#). "Trace amounts of chemical sunscreens have been shown to transfer into the bloodstream or even breast milk." However, if you slip up and use a chemical SPF instead of a mineral formula, there's no reason to panic—studies on the topic are very limited (keep scrolling for more on that). "Although this topic has been debatable considering there are ongoing studies questioning the safety of these ingredients, [zinc oxide](#) and titanium dioxide are deemed GRASE—generally recognized as safe and effective—by the FDA," says Moradfar.

When in doubt, the best thing to do is consult your doctor. But in the meantime, we rounded up 10 of the best pregnancy-safe sunscreens to keep on hand during your pregnancy and beyond—plus, keep reading for more info about sunscreen safety from Moradfar and [Rachel Westbay](#), Board Certified Dermatologist at [Marmur Medical](#).

The Best Pregnancy-Safe Sunscreens



EXPERT PICK

EltaMD UV Pure Broad-Spectrum SPF 47

\$27 AT DERMSTORE

[Read more](#)

BEST PREGNANCY-SAFE SPRAY SUNSCREEN

Sasha Suncare Mineral Sunscreen Spray SPF 30+



\$36 AT MMSKINCARE.COM

[Read more](#)



BEST FOR THE WHOLE FAMILY

Evereden Premium Mineral Sunscreen SPF 50

\$27 AT AMAZON

[Read more](#)



BEST ANTIOXIDANT-RICH SUNSCREEN

HATCH Collection Sunny Mama Face Sunscreen

\$33 AT HATCH COLLECTION

[Read more](#)



BEST SHEER SUNSCREEN

EleVen By Venus Williams Ace the Day Face Lotion SPF 30

\$38 AT CREDO BEAUTY

[Read more](#)

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EXPERT PICK

EltaMD UV Pure Broad-Spectrum SPF 47



\$27 AT DERMSTORE

\$25 AT WALMART

\$32 AT SKINSTORE

Moradfar loves this water-resistant sunscreen from beloved brand EltaMD, which can be used on both the face and body.

What the Experts Are Saying:

"Zinc oxide and titanium dioxide are active ingredients that provide great physical protection and tends to be much gentler on skin, minimizing skin sensitivities and reactions. It’s also paraben free and contains antioxidants to help protect against pollution and other environmental factors," says Moradfar.

Size	4 oz.
Good For	Acne-Prone Skin, Combination Skin, Dry Skin, Mature Skin, Normal Skin, Oily Skin, Sensitive Skin

BEST PREGNANCY-SAFE SPRAY SUNSCREEN

Sasha Suncare Mineral Sunscreen Spray SPF 30+



\$36 AT MMSKINCARE.COM

PROS	CONS
<div><div>⊕</div>Easy-to-use spray</div> <div><div>⊕</div>Profits donated to Beyond Suncare</div>	

Westbay likes this spray formula, saying, "this specific sunscreen is pregnancy safe and contains natural ingredients that protect the skin from the sun."

What the Reviewers Are Saying:

"Super easy to use spray bottle and really lightweight. I like that it doesn't feel heavy on my skin and it’s made with safe ingredients!" —*Ella*

Size	6 fl oz.
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Good For	Dehydrated skin
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BEST FOR THE WHOLE FAMILY

Evereden Premium Mineral Sunscreen SPF 50



\$27 AT AMAZON

PROS	CONS
<div><div><div>⊕</div></div><div>Can be used on baby skin</div></div>	

This SPF 50 formula is water-resistant up to 40 minutes, and formulated for use on the whole family (even babies!). Plus, the ring on top makes it easy to clip onto your bag.

What the Reviewers Are Saying:

"I love how clean these products are and how great they smell. My daughter loves putting the lotion on after her baths and the sunscreen has a nice consistency to it."

Size	2 fl oz.
Good For	All skin types, including sensitive skin

HATCH Collection Sunny Mama Face Sunscreen



Now 21% Off

\$33 AT HATCH COLLECTION

PROS	CONS
<div><div><div><div></div></div><div>Made with nourishing ingredients</div></div><div><div><div></div></div><div>Designed for pregnant and breastfeeding moms</div></div></div>	

Formulated especially for pregnant mamas, this sunscreen has 100 percent non-nano zinc oxide to protect against UV rays, as well as nourishing sunflower extract, niacinamide, and soothing bisabolol.

What the Reviewers Are Saying:

"I searched high and low and spent so much money looking for a pregnancy safe, mineral sunscreen that did not show up ashy on my brown skin. This sunscreen blends in well and does not leave a white cast. I'm just so relieved that I found it!" —*Shondolyn*

Size	1.7 fl oz/50ml
Good For	All skin types

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BEST SHEER SUNSCREEN

EleVen By Venus Williams Ace the Day Face Lotion SPF 30



\$38 AT CREDO BEAUTY

PROS	CONS
<div><div><div>⊕</div><div>Doesn't leave a white cast</div></div><div><div>⊕</div><div>Water-resistant up to 40 minutes</div></div></div>	

If you can't handle a white cast, try this SPF from Venus Williams's fan-fave line, EleVen. Made with non-nano zinc oxide and hydrating allantoin, it also doubles as a makeup primer.

What the Reviewers Are Saying:

"I love this SPF! It rubs in so easily and leaves my skin with a a really nice glow." —*Cece*

Size	1.7 fl oz/50 ml
Good For	All skin types and skin tones

BEST FOR FACE AND BODY

La Roche-Posay Anthelios Body and Face Gentle-Lotion Mineral Sunscreen SPF 50



\$30 AT ULTA BEAUTY

\$32 AT WALMART

\$32 AT DERMSTORE

PROS

⊕ Non-greasy

CONS

⊕ Antioxidant-rich formula	
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La Roche Posay makes some of our all-time favorite sunscreens, including this oil-free, non-comedogenic lotion for face and body.

What the Reviewers Are Saying:

"My dermatologist recommended this so I purchased it and know I am slowing down aging of my skin as this product protects my skin from harmful rays. Rub it between your fingers first then pat on skin, it goes on white but will lighten after makeup you wont see it on your skin." —*Teamstergirl*

Size	4.05 oz
Good For	Formulated and rigorously tested for skin tolerance, even on sensitive skin

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BEST POWDER SUNSCREEN

Supergoop (Re)setting 100% Mineral Powder Sunscreen SPF 35 PA+++



\$30 AT SEPHORA

\$35 AT ULTA BEAUTY

\$35 AT NORDSTROM

PROS

- ⊕ Easy to reapply
- ⊕ Helps minimize the look of pores

CONS

Powder sunscreens are clutch for reapplying throughout the day (IYKYK), and this tinted formula comes in four shades that blend in with most skin tones. Even better it also helps refine the look of pores with each refresh.

What the Reviewers Are Saying:

"Really nice powder. Controls shine and leaves your skin a nice texture without over drying it. I read some reviews of some people having problems with the dispenser but mine works really well and it's a great product to keep in your purse to reapply throughout the day." —*rachellindsey94*

Size	0.15 oz/ 4.25 g
Good For	Normal, Dry, Combination, and Oily

BEST MULTITASKING SUNSCREEN

Kinship Self Reflect Probiotic Moisturizing Sunscreen Zinc Oxide SPF 32



\$25 AT ULTA BEAUTY

This Kinship sunscreen has a cult following thanks to its glowy finish and decidedly non-sunscreen-y scent (vanilla, yum).

What the Reviewers Are Saying:

"I absolutely love the packaging of this product. It is so beautiful and really hints to what's inside. The product smells really good and doesn't feel like a greasy sunscreen. I love that it is a moisturizer as well as a sunscreen. It is going to be my summer staple." —*Marcy*

Size	1.75 oz
Good For	All skin types

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BEST WITH VITAMIN C

Iris&Romeo Weekend Skin SPF 50 + Vitamin C + Glow



\$50 AT CREDO BEAUTY

Get a major glow *and* combine two skincare steps in one with this SPF 50 featuring stable vitamin C, which is safe to use while pregnant.

What the Reviewers Are Saying:

"Love this product! I apply it over a light moisturizer and my skin just glows.It's very light coverage but even out my skin just the right amount to make me radiant. Will be buying regularly." —*Elise M*

Size	1.3 oz / 35 g
Good For	All skin types—including dry, mature, acne-prone and sensitive skin

BEST TINTED PREGNANCY-SAFE SUNSCREEN

undefined beauty R&R Sun Serum



Now 20% Off

\$22 AT ULTA BEAUTY

An ultra-lightweight consistency and universal tint allow this non-nano zinc sunscreen to blend in like a dream, sans white cast.

What the Reviewers Are Saying:

"I'm obsessing with this SPF serum. It's glowy and smoothing all on its own. But under makeup it also works well. No white cast so it's Black girl and photography friendly." —*cnicole*

Size	1.7 oz
Good For	All skin types and tones

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Frequently Asked Questions

WHY AREN'T ALL SUNSCREENS CONSIDERED SAFE FOR USE DURING PREGNANCY?

It's nuanced, but some studies do link chemical actives to fetal conditions. "Because oxybenzone is a known endocrine-disrupting chemical, the concern for use in pregnancy is that it could disrupt hormones and cause permanent damage to mother and baby," explains Westbay. "A 2018 animal study concluded that oxybenzone exposure during pregnancy at levels humans would commonly use made permanent changes to mammary glands and lactation. Other animal studies have linked the chemical to permanent fetal damage, possibly associated with developing neurological conditions in adulthood, such as Alzheimer's disease."

However, the dermatologist notes, "No human studies have been done on this, however, so one must understand that extrapolating the risk is not necessarily appropriate. That being said, like many things in pregnancy for which we simply cannot validate the safety in humans, it is often recommended to shy away from even those things that have theoretical concern."

To be extra safe, Westbay recommends those trying to get pregnant to avoid chemical formulas as well, just in case. "Consequently, I always advise my patients who are pregnant or trying to conceive that they should stick to pure mineral, a.k.a. physical sunscreens containing only zinc oxide and/or titanium dioxide."

WHAT SUNSCREENS ARE PREGNANCY-SAFE, AND WHAT INGREDIENTS SHOULD BE AVOIDED?

"Mineral or physical sunscreens are the best, usually containing zinc oxide and titanium dioxide," explains Moradfar. "The sunscreen of choice should be a broad-spectrum SPF 30 or higher."

On the other hand, try to avoid those formulated with chemical SPF actives. "The ingredients that should be avoided are oxybenzone, octinoxate, octisalate, and avobenzone which are usually found in chemical sunscreens," says Moradfar.

Meet the Experts

- **Dr. Rachel Westbay** is a board-certified dermatologist at Marmur Medical.
- **Roberta Moradfar** is a board-certified advanced aesthetics nurse practitioner and founder of EFFACÈ Aesthetics.

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B LINDY SEGAL

Lindy Segal is a beauty writer and editor. In addition to regularly contributing to *BAZAAR.COM*, she also writes for *Glamour*, *People*, *WhoWhatWear*, and *Fashionista*, among other publications. She lives in New York City with her Chihuahua mix, Barney.