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What Is Hybrid Sunscreen? Chemical And Mineral Blends May Be Best For Sun Protection

Dermatologists weigh in on the latest blend of chemical and mineral SPF sun protection.

By Tessa Flores

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DERMSTORE, TARGET, AMAZON

[SkinCeuticals Daily Brightening UV Defense sunscreen](#), [Black Girl Sunscreen SPF 50](#) and [Elta MD UV Clear SPF 46](#).

Sun protection is one of the most important components of skin care, and our number one defense when it comes to premature aging. But [sunscreen](#) isn't always the most pleasant product to work with. Some types can look chalky and clumpy on the skin, others cause irritation and eye burning and some just never seem to sit well under makeup.

If you're like me and have sampled the cosmetic racks 10 times over trying to find your holy grail sunscreen, it might come in the form of a hybrid or combination sunscreen.

“Hybrid sunscreen is a term to describe an SPF that contains both mineral and chemical sunscreen actives,” said [Dr. Loretta Ciraldo](#), a board-certified dermatologist and clinical researcher.

She explained that hybrids combine the UV-reflective properties of mineral actives and the UV-absorbing and altering abilities of chemical

actives in one formula that prevents damage to the skin possibly more effectively than either type on its own.

"[The combined abilities] of both physical and chemical sunscreens makes them more beneficial than just physical or just chemical because they offer a higher SPF when mixed together," said [Dr. Ellen Marmur](#), a board-certified dermatologist and founder of [MMSkincare](#).

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Mineral sunscreens contain either zinc oxide or titanium dioxide or both, but "because zinc oxide is often chalky, many people don't like the white cast it gives the skin, [making it less suitable] for deeper skin tones," Ciraldo said.

Conversely, chemical sunscreens, which can be composed of a number of different kinds of chemical filters, can cause eye burning and irritation for more sensitive skin types but show up virtually clear on skin. The happy medium that hybrid options offer may mean a better experience overall.

"I do recommend that you try to find a sunscreen with at least 7% zinc, even if you don't like a total mineral sunscreen. The zinc will not only reflect off a lot of the UV, but it also has some skin-calming benefits that help when we get sun exposure," Ciraldo said.

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She also suggests choosing a sunscreen that helps blocks out blue or HEV light, a damaging light spectrum that can destroy collagen and cause hyperpigmentation. Typically this means sunscreens that contain iron oxides, an ingredient that can be hard to find in products, or options that have [free-radical fighting antioxidants](#), as is the case with products like

the [Ultrasun Professional Protection sunscreen](#) and most of the other sunscreens listed below.

If you're interested in trying out a hybrid sunscreen for yourself, keep reading to find lightweight lotions that easily absorb into skin, hydrating creams that are white cast-free and sunscreens with added skin care ingredients to keep you protected from the harmful rays of the sun.

1



Dermstore

A brightening SPF that can help to even out skin tone

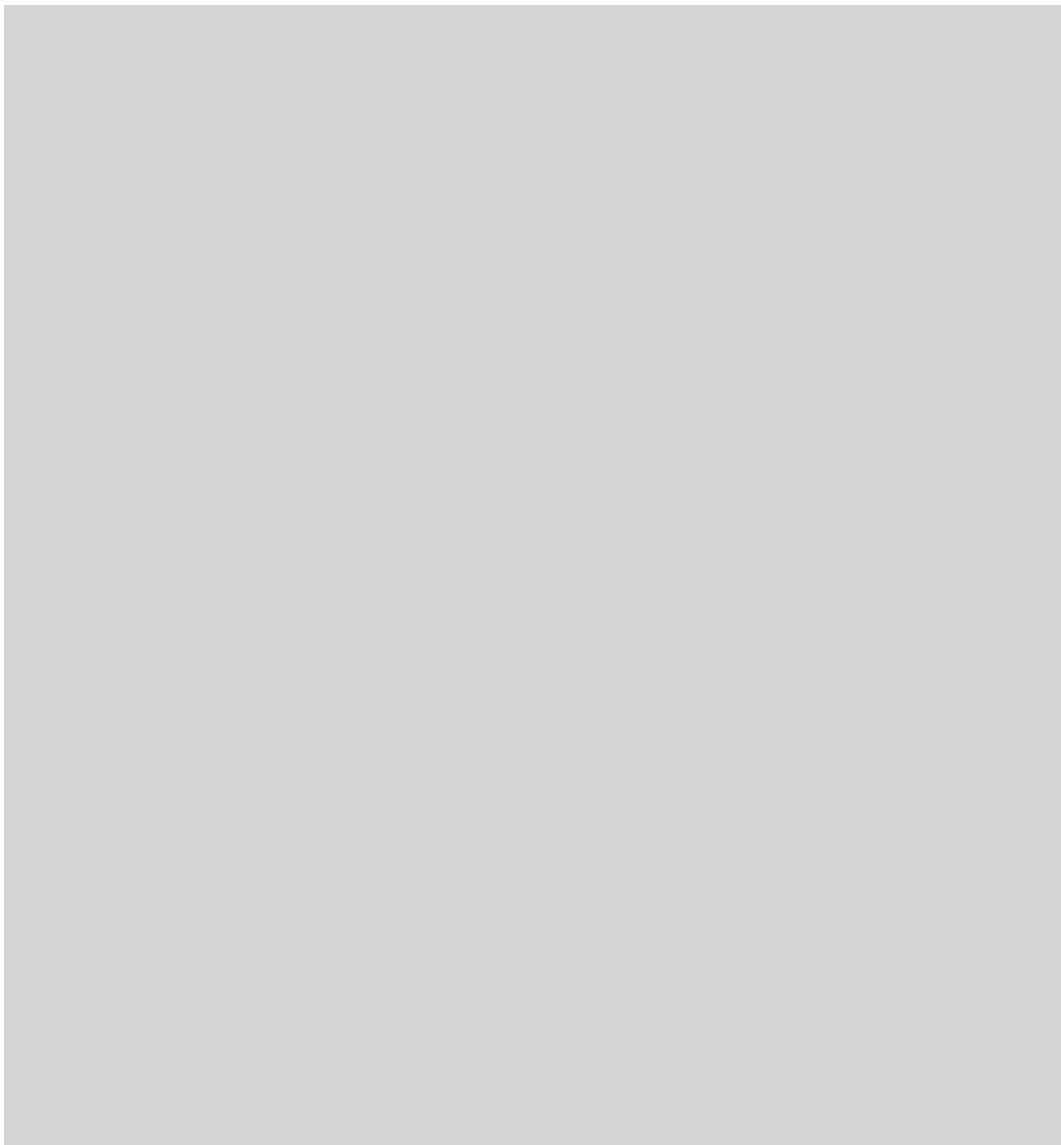
SkinCeuticals products always deliver, and the [lightweight hybrid SPF](#) is no different. It has a silky soft finish that combines mineral and chemical sun protection while also including powerful skin care ingredients to help

minimize the look of existing discoloration while protecting against future damage. It's hydrating and looks great on a wide variety of tones.

HuffPost shopping writer [Lourdes Avila Uribe](#) loves that it "doesn't cause my skin to break out, has an imperceptible finish and works well to prevent against sun spots."

\$65 AT DERMSTORE

2



Target

A face and body sunscreen for all skin tones

This cult-fave skin care brand has a [popular hybrid spf](#) that's designed to be gentle and nurturing, acting as a barrier cream to stop UV rays from damaging the skin's surface while chemical ingredients ensure the texture

and finish is elegant and the SPF remains invisible.

\$20 AT TARGET

3



[Sephora](#)

A high-performance everyday sunscreen with a water-resistant moisturizing formula

[Jack Black's Sun Guard](#) has an SPF of 45 and a hydrating formula that creates a barrier of waterproof and sweat-proof protection, without feeling too heavy on the skin. It contains 8% zinc oxide as well as two different chemical filters and is enriched with organic calendula flower to soothe and comfort skin.

\$24 AT SEPHORA



[Amazon](#)

A highly rated dermatologist-recommended sunscreen, ideal for sensitive skin

[EltaMD's broad spectrum sunscreen](#) has over 23,400 five-star ratings on [Amazon](#) and uses a transparent zinc oxide as well as a combination of chemical filters to protect skin from both UVA and UVB rays without leaving a white cast. The formulation also contains [niacinamide](#), which can help calm skin types prone to redness, acne or irritation while also helping to minimize some of the oxidative stress that can occur with sun exposure. The finish is slightly matte, making this a good option for oily complexions or for people who are not fond of the shiny finish often left

by sunscreens. However, people with drier skin types may need to wear it over a regular moisturizer.

\$43 AT AMAZON

5



[Amazon](#)

A daily hydrating lotion with SPF at a great price point

For a more fluid-like moisturizer that quickly absorbs and easily glides onto the skin without any white streaks, [Eucerin's Daily Protection sunscreen](#) can be a good option. It has an SPF of 30 and is enriched with both zinc oxide and titanium dioxide, along with three other chemical filters to provide broad spectrum UVA and UVB protection. The lightweight texture leaves a neutral finish and can be worn under makeup without causing pilling.

\$11 AT AMAZON

6



[Amazon](#)

A broad spectrum moisturizer with anti-aging and redness-reduction benefits

[This non-greasy and lightweight cream sunscreen](#) has an SPF of 45 and is an everyday moisturizer that can be a good choice for all skin types. It uses both zinc oxide and titanium dioxide along with a chemical filter for broad spectrum protection and a combination of vitamin E, hyaluronic acid and niacinamide help to combat skin-aging free radicals, help to plump and hydrate the skin and reduce redness.

\$28 AT AMAZON

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