

SUPERHERO INGREDIENTS

Your sun care should provide two primary benefits to you: protection and restoration. dōTERRA® Sun products employ superhero ingredients to achieve these benefits.

Your protection comes from non-nano zinc oxide, the active ingredient in our SPF products. As discussed, zinc oxide is one of the most common mineral sunscreen filters. It's safe, water-resistant, and nonirritating.

You might be asking, what does “non-nano” mean? Why does it matter? Zinc oxide can be produced in different particle sizes that fall into two categories: nano and non-nano. Nano particles are small enough to potentially be absorbed into the bloodstream. Non-nano particles are bigger, meaning they can't be absorbed the same way.

Now let's talk about restoration. The sun can be harsh, so it's important to give your skin extra help to stay both happy and healthy during and after your time outside. You can restore your skin by nourishing and soothing it.

A number of ingredients found in the dōTERRA Sun product line provide nourishment.

- **Tocopherol**—more commonly known as vitamin E—is extremely nourishing. It's present in every dōTERRA Sun product!
- **Raspberry seed oil, avocado oil, and jojoba esters** are nourishing ingredients found in the lotion and spray.

- **Shea butter** and **coco butter** are nourishing ingredients found in the stick.
- **Aloe vera, red algae extract, and hyaluronic acid** are nourishing ingredients found in the after sun spray. Hyaluronic acid is particularly nourishing because of its deep hydration benefits.

Soothing properties are also important at every stage of your fun in the sun—particularly after you get home. Here are a few ingredients that deliver soothing benefits.

- **Bisabolol** can reduce redness and irritation, calming the skin. It's present in all SPF products as a preventative measure.
- **Turmeric extract** has excellent anti-inflammatory properties when applied topically. It's found in the lotion and spray.
- **Aloe vera** is a no-brainer for skin-soothing properties. We've all slathered aloe vera over ourselves before, right?

That's why aloe vera is the base for our after sun spray. Aloe vera is also found in the lotion and regular spray.

- The after sun spray also features hero ingredients like **red algae extract** and **arnica montana flower**. Red algae is rich in proteins, antioxidants, and vitamins—all essential to the skin. Arnica montana flower is a natural anti-inflammatory ingredient, which is especially important when your skin is weathered and tired.

Of course, dōTERRA Sun products include what dōTERRA is known for: Certified Pure Tested Grade® essential oils. The SPF products include **Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense,** and **Helichrysum** essential oils, along with coconut CO2 extract.



This aromatic blend leverages the properties of our most effective skin-benefiting essential oils. You may be wondering why we added Red Mandarin, seeing as it's a citrus oil. Unlike other citrus oils—which you generally shouldn't apply topically before spending time in the sun—Red Mandarin contains significantly lower levels of a constituent (furocoumarins) that causes photosensitivity. And because it's diluted in the sunscreen products, it doesn't cause photosensitivity, according to guidelines recommended by industry organizations.

The after sun spray contains a proprietary blend of **Copaiba, Lavender, Lemongrass, Peppermint, Japanese Peppermint, Helichrysum, Sandalwood, Blue Tansy, Frankincense,** and **Coriander** essential oils. Its lovely aroma brings our skin-soothing stars together. We've covered the pros and cons of sun exposure, differences between mineral and chemical sunscreens, ins and outs of SPF, and key selling points of the dōTERRA Sun product line. That's a lot of information!



Let's boil things down into bite-size, easy-to-use reference guides. The next four videos will provide at-a-glance reviews of each dōTERRA Sun product, high-level features, hero ingredients, and unique uses and benefits. Each video will include a downloadable cheat sheet, so make sure you snag the sheets to keep your memory fresh when you talk to others about dōTERRA Sun products. Let's go!