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At EWG, our team of scientists, engineers, policy experts, lawyers and computer programmers pores over government data, legal documents, scientific studies and our own laboratory tests to expose threats to your health and the environment, and to find solutions. Our research brings to light unsettling facts that you have a right to know.

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Best Moisturizers with SPF

EWG's analyses show that many moisturizers don't give long-lasting, broad-spectrum protection. Choose from among EWG's top rated products to get the most from your moisturizer. And match the SPF strength with your expected UV exposure to avoid spreading unnecessarily large amounts of sunscreen chemicals on your skin.

0-2 recommended 3-6 caution 7-10 avoid

- | | | | |
|-----|--|---|---|
| 1. | | Devita International Daily Solar Protective Moisturizer 30
<small>(buy on Amazon.com)</small> | 1 |
| 2. | | Sweetsation Therapy Organic Sun*Brella Triple Action Moisturizer with SPF 30+
<small>(buy on Amazon.com)</small> | 1 |
| 3. | | Sun Science Organic Daily Wear, SPF 30
<small>(buy on Amazon.com)</small> | 2 |
| 4. | | DermatologistRx Skin Security Sun Block
<small>(find online retailers)</small> | 2 |
| 5. | | EltaMD UV Sheild, SPF 45, with 9% Z-Cote
<small>(buy on Amazon.com)</small> | 3 |
| 6. | | Ocean Potion Natural Mineral Protective Lotion, Faces, SPF 45, Tinted Sunblock
<small>(find online retailers)</small> | 3 |
| 7. | | AFA Facial Sunscreen, SPF 30
<small>(find online retailers)</small> | 3 |
| 8. | | Revision Intellishade Tinted Moisture, SPF 45
<small>(find online retailers)</small> | 3 |
| 9. | | Verdure Botanoceuticals Skin Care Matte Moisturizing Physical Sunscreen with Antioxidants SPF28
<small>(find online retailers)</small> | 3 |
| 10. | | Sue Devitt Promarine Tinted Moisturizer, SPF 30, Santorini
<small>(buy on Amazon.com)</small> | 3 |

see all moisturizers with SPF

moisturizers fails to provide strong UVA protection. And when they exposed 35 moisturizers to 2 hours of UV radiation, 77% of the products lost at least 10% of their SPF strength. These scientists admonish the cosmetics industry to improve UVA protection, and warn their readers that unstable, ineffective sunscreens in moisturizers are "inappropriate" (Sehedic 2009).

Moisturizer labels don't normally list warnings common on beach and pool sunscreens to reapply the product often. Most of us rub moisturizers on our skin just once in the morning and assume the UV protection will last.

Find Safe Sunscreen

select a product type ▼

select a specific brand ▼

find See the full report.

Environmental Working Group

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Download best easy-to-find Sunscreens Guide

Hundreds of all-day moisturizers advertise SPF protection, but 1 in 5 provides poor shielding from harmful UVA rays or breaks down in UV radiation. A new review by FDA scientists attributes an increasing incidence of malignant melanoma among people who work indoors to UVA rays shining through windows onto unprotected skin (Godar 2009).

EWG's highest rated moisturizers contain zinc oxide. This stable sunscreen gives broad spectrum protection and doesn't break down.

You may not think you need a sunscreen indoors, but windows let through about one-third of the sun's UVA-1 radiation, the more deeply penetrating UVA rays. This radiation is associated with skin aging and malignant skin cancer. Vitamin D stored in the skin can help kill or arrest the growth of cancer cells, but UVA radiation breaks this vitamin down while spurring faster spread of cancer cells (Godar 2009).

A recent European study confirms our findings: this research team also found that 1 in 5