

The 5 Best SPF Lip Balms (with no Microplastics)

6 MIN READ

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Protect your lips with SPF lip balms that are safe, effective, and microplastic-free picks for hydration, sun defense, and clean beauty.

It's been drilled into our heads that we need to wear a **daily sunscreen** on our faces, but there's one part of the face that's often left out: lips. It might feel like just another product to add into your routine, but lip balm with sun protection factor (SPF) is necessary for a 360-degree protected face.

“Many people skip SPF entirely or assume their face sunscreen is enough. But lips have thinner skin and little natural melanin, so they need their own sun protection,” says **Dr. Hannah Kopelman**, DO, dermatologist at Kopelman Aesthetic Surgery. “For daily use, SPF 30 is ideal — it offers significantly more protection than SPF 15.”

A quality lip balm with SPF protects against both types of ultraviolet (UV) rays. UVA rays penetrate deep into the skin and can cause skin cancer, and UVB rays can cause sunburn, skin cancer, and DNA damage. Remember to apply your lip balm with SPF every two hours, especially if you're eating, drinking, or swimming, to keep your mouth protected throughout the day.

“Don't forget: Protecting your lips is about more than preventing chapping — it also helps reduce your long-term risk of developing actinic cheilitis or even skin cancer on the lips,” says Dr. Kopelman.

How We Chose the Best Lip Balms with SPF

- ■ **We spoke with Dr. Hannah Kopelman**, dermatologist at Kopelman Aesthetic Surgery. She explained which factors matter most when choosing a lip balm with SPF.
- ■ **We prioritized lip balms with at least an SPF 25** to ensure UV protection.
- ■ **We considered** the ingredients list, as well as texture, finish, and price.
- ■ **We cross-referenced EWG's Skin Deep database**, only selecting lip balms with SPF with an EWG Verified mark or ingredients with a hazard score of 2 or lower for both human and environmental safety.
- ■ **We checked for microplastics** in the Beat The Bead database.

The 5 Best SPF Lip Balms (with no Microplastics)

We tested dozens of lip balms and dug deep into ingredient labels, expert recommendations, and safety databases to find the best options for both your skin and the planet. Every pick on this list meets dermatologist-backed criteria for UVA/UVB protection, hydration, and ingredient transparency, plus, they're free from known microplastics according to the Beat the Microbead database. Whether you want a sheer, budget-friendly balm or a glossy, tinted option, these formulas deliver sun-safe lips without compromise.

1) Best Overall Lip Balm with SPF: Coola Original Liplux Lip Balm Sunscreen

Pros:

- ■ SPF 30
- ■ Protects against UVA and UVB rays
- ■ Water-resistant up to 80 minutes
- ■ No synthetic fragrances
- ■ Can be worn on its own or over a lip color
- ■ Reasonably priced
- ■ No microplastics

Cons:

- ■ No scented option
- ■ May have a chemical-y taste

Coola Original Liplux Lip Balm Sunscreen is a no-fuss lip balm that protects with SPF 30. The formula includes cupuacu butter, raspberry seed oil, and jojoba seed oil to help moisturize. That raspberry seed oil is also one of the antioxidant-rich nutrients in this lip balm, as well as seed oil, buriti oil, meadowfoam seed oil, and prickly pear extract, to fight free radical damage, aka oxidative stress that can contribute to skin cancer.

“When I recommend a lip balm with SPF, I look for broad-spectrum protection, meaning it shields against both UVA and UVB rays,” says Dr. Kopelman. And the Coola lip balm does just that.

Coola also offers a hydrating lip oil and a tinted version of its original in various colors. But if you need a versatile, clear formula, go with the original.

2) Best Budget Lip Balm with SPF: ChapStick Active 2-

in-1: Unscented with SPF 25

Pros:

- ■ Budget-friendly
- ■ Protects against UVA and UVB rays
- ■ Nourishes with shea butter, aloe, and vitamin E
- ■ Free of parabens, phthalates, and preservatives
- ■ Unscented, Wild Berry, and Fresh Mint scents available
- ■ No microplastics

Cons:

- ■ Only SPF 25
- ■ May leave a white cast due to zinc oxide

It's the brand you know and love, and now you can swap your everyday lip balm with one with SPF. ChapStick Active 2-in-1: Unscented with SPF 25 comes in a pack of three, so you can keep one in your car, one in your purse or pocket, and one at your office desk so you're always ready to go. Although it has slightly less SPF coverage than the other options on this list, it still protects against UVA and UVB rays. Plus, it keeps lips nourished with shea butter, aloe, and vitamin E.

"I also check for ingredients that support the skin barrier, like shea butter or hyaluronic acid, especially for mature skin which tends to be drier," says Dr. Kopelman. Just keep in mind that the ingredients list includes zinc oxide, which is good news for protection but not so good news for a potential white cast.

3) Best Tinted Lip Balm with SPF: Attitude Tinted Lip Balm SPF 15

Pros:

- ■ Universal shade
- ■ EWG Verified and vegan
- ■ Protects against UVA and UVB rays
- ■ Nourishes with coconut and argan oils
- ■ Inexpensive
- ■ No microplastics

Cons:

- ■ Only SPF 15
- ■ Only one tint color

Many of the best lip balms with SPF are perfectly fine to wear over your favorite lip color, but why not tackle both tasks at once? Attitude Tinted Lip Balm SPF 15 is a tinted lip balm that comes in a universally flattering neutral color. Available in an unscented and a coconut scent, the coconut and argan oils moisturize and hydrate the lips.

For those who are eco-conscious, the Attitude lip balm has Forest Stewardship Council (FSC)-certified biodegradable cardboard tube and biodegradable seal, ink, and protective coat. It is a bummer that the SPF level is lower than we'd like and there's only one tint color option, but for the other positives, we still recommend this lip balm.

4) Best Lip Balm with SPF for Dry Lips: Alba Botanica Moisturizing Sunscreen Lip Balm SPF 25

Pros:

- Features a blend of coconut oil, shea butter, and aloe vera
- ■ Protects against UVA and UVB rays
- ■ Cruelty-free, vegetarian, and plant-based
- ■ Free of parabens, phthalates, and sulfates
- ■ Biodegradable
- ■ No microplastics

Cons:

- ■ Only SPF 25
- ■ May leave a white cast

Packed with coconut oil, shea butter, and aloe vera, Alba Botanica Moisturizing Sunscreen Lip Balm SPF 25 works to keep lips hydrated and soft. You won't find any ultra fancy scents or tints here — just a lip balm that hydrates and protects.

Since it's made with zinc oxide, you may experience a slight white cast on your lips. But that ingredient acts as a physical barrier from the sun's harmful rays. Still, reviewers rave that the formula does what it says it's going to do and moisturizes dry lips. "The texture also matters — it should be hydrating but not greasy and comfortable enough to reapply throughout the day," says Dr. Kopelman, noting what to look for in a lip balm with SPF.

5) Best Lip Gloss with SPF: Cay Skin Isle Lip Balm SPF 30

Pros:

- ■ High shine finish

- ■ Available in six shades, including clear
- ■ Good for all skin tones
- ■ SPF 30
- ■ Protects against UVA and UVB rays
- ■ Vanilla brown sugar scent

Cons:

- ■ Thicker formula not for everyone
- ■ Some reviewers say the applicator stops working over time
- ■ Contains two ingredients that are “skeptical microplastics,” meaning not definite microplastics, but not enough information about them.

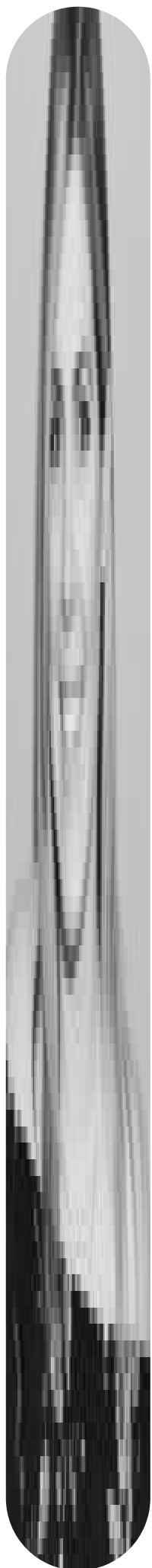
Founded by Winnie Harlow, supermodel, influencer, and inclusive beauty activist, Cay Skin is all about protecting your skin. The Isle Lip Balm SPF 30 includes avobenzone 3% sunscreen, homosalate 10% sunscreen, and octisalate 5% sunscreen to stop UVA and UVB rays in their tracks. “Lips are especially vulnerable to UV damage, so higher protection is worth it, particularly if you’re outdoors for extended periods or at higher altitudes,” says Dr. Kopelman.

The other huge selling point is that it’s more a lip gloss, so you want high shine and some color on your lips, this is the best option for you. The Isle Lip Balm can be worn on its own, but if you want a more intense color, wear it over lipstick.

Remember: Protecting your lips shouldn’t be an afterthought. With the right SPF lip balm, you can defend against sun damage, stay hydrated, and make a smarter, cleaner choice for your long-term health.

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