

the suppleness through hydration. It fights free radicals created by solar rays. With Aqua Soleil, my clients experience less clogging of the pores due to its low molecular weight. In the warmer months our skin is exposed to additional pollution, heat, sweat, and oil secretions, chemical products (i.e. sunscreens with higher chemical content) which all clog and asphyxiate the skin. Especially if you have acneic skin, it is important to choose a product that can be absorbed by the skin such as Aqua Soleil SPF 30 (for combination, oily and acne-prone skin).

Additional to sun protection, we should consider choosing a skin care line that also protects the skin from environmental aggressors such as pollution and solar rays. I have found that cosmeceutical products bridge the gap between cosmetic and pharmaceutical. They have the advantage on the market due to their moderate price point given the value of their ingredients. AquaLift by AQUAFOLIA, is an anti-wrinkle rejuvenator that visibly diminishes the appearance of fine lines and wrinkles and deeply moisturizes and improves skin tone and texture. It strengthens and protects the epidermis and also strengthens the outer walls of the tiny blood vessels found on the surface of the skin, preventing further rupture and damage. It breathes freshness onto the skin, leaving it feeling dynamic and flawless.

AQUAFOLIA products are available in many clinics in Canada and the United States. For information on AQUAFOLIA treatments or to learn more on all of its exclusive products go to aquafolia.com and find a clinic near you. ■

We can have fun in the sun if we choose to implement a simple "two-step" protection plan for our skin; 1. Use an SPF daily, 2. Use a DNA STRENGTHENING moisturizer. This basic plan, tried and tested will result in a youthful appearance for many years to come. Additional to all research and documentation, the best advice I can offer is, "All good things in moderation!"



France has made the idea of helping others feel good, a mantra for her business. A 2010 nominee of Niagara Entrepreneur of the Year Awards, she aspires to make a difference in her specialized field of electrolysis, laser hair removal, vascular blemish and skin tag removal, microdermabrasion, anti-aging facials, natural skin care and teeth whitening.

**Zinc Oxide will BLOCK rays up to 390 nm deep in the skin's tissue
390 Nanometres = 0.00039 Millimetres**

What is best for ACNE-prone skin?

It's blocking the sun's rays and NOT the pores. Most people with oily and acne-prone skin tend not to apply any sunscreen during the summer exposing their skin to the sun without any protection thus inducing DNA damage and premature aging of the skin. Acne-prone skin exposed to the sun increases both comedone formation and skin surface lipids which induce hyperkeratinized skin. Look for a product that is oil free, non-comedogenic and NOT waterproof in order to avoid asphyxiated skin conditions. I recommend applying AQUAFOLIA Intensive Regulating Complex under your SPF, which is a non-sun sensitizing oil control serum. It will help reduce the oil formation on the surface of the skin.

SUN SAFETY TIPS

- **Avoid the sun from 10:00 AM to 3:00 PM when the sun rays are strongest.**
- **If you must be in the sun, use an SPF of 30 – 35 and reapply every two hours.**
- **Avoid "baking in the sun" (overexposure) especially in the beginning of swimsuit season.**
- **Wear protective clothing and a hat or stay in the shade especially those with sensitive skin.**
- **Drink lots of water (fluids) to remain hydrated.**
- **Help your body protect itself. Eat more fresh vegetables and berries; this will increase your antioxidant levels which helps with skin protection, naturally.**

There is an unending list of products to choose from and it can be confusing when it comes time to buy. I'm sold on Aqua Soleil SPF 35 (for normal to dry skin), a cosmeceutical Canadian sunscreen product from AQUAFOLIA. With natural ingredients, formulated without any fragrance or colorant, no alcohol and it co-incidentally goes beyond sun protection. This waterproof antioxidant broad spectrum protection is nourishing but non-greasy, moisturizing and enriched with black tea, jojoba oil, apricot oil and tomato extract (lycopene). It preserves and improves

What does TOO MUCH SUN do to our skin? Pull out one of your grandmother's old leather purses from the closet.... UVA, prematurely ages the skin by penetrating the epidermis (the top layer of the skin) breaking down collagen and creating free radicals that harm DNA cell renewal and repair. Skin after the age of 28 is considered "mature skin" and the damage caused by UV rays is irreversible. Sun damage causes wrinkles, uneven pigmentation, red or brown patches, brown spots, dilated or ruptured blood vessels, dryness or loss of skin's healthy glow and most important, it is the leading cause of skin cancer. It is best to avoid being in the sun, however, with today's active lifestyles, this is not always possible. We need to have a certain amount of Vitamin D to maintain a healthy system.

The best plan of action is to apply a sunscreen and store shelves are full of a wide range of products. Automatically reaching for any type of sunscreen is not the best solution for preventing this type of harm. You should choose one with a broad spectrum specifically designed to protect and prevent premature aging of your skin.

"Broad Spectrum" means it protects against both UVA and UVB rays. You should look for active ingredients such as Zinc Oxide that acts as a physical block to UVA and UVB rays. Octocrylene is an organic compound that absorbs UVB rays further protecting the skin from direct DNA damage. Titanium Dioxide helps protect against sunburn. The choice of mineral sunscreens and chemical filters permits a higher broad spectrum SPF protection. WARNING: avoid products that contain parabens, perfumes and colorants. Favourably natural ingredients such as Black Tea extract exhibits skin repair properties due to its antioxidant components. It can also act as a prevention to sunburn by absorbing UVB rays. Lycopene (from the tomato) counteracts the harmful effects of solar radiation. It acts as a free radical scavenger inhibiting the destruction of extracellular molecules preserving and improving the suppleness through hydration to prevent dry skin. Lycopene is twice as effective as beta-carotene in fighting the pollution damage, in particular nitrogen dioxide, one of the principal polluting gases. Natural plant extracts' specific components and their concentration prevents the chemical filters from penetrating the skin making them safe, secure and with high cutaneous tolerance.

With the arrival of summer we are all a lot more active outside. Whether you are walking, biking, swimming, driving or even just standing inside looking out of the window, we need to think twice about our EXPOSURE to UVA and UVB rays (Ultra Violet Rays = A for Aging, B for Burning). UV light and pollution account for 90% of skin damage. We should be wearing sunscreen and protective eyewear throughout the year. UVA is the same strength year round, it does not matter how close or how far away the sun is from the earth. The rays remain the same strength. We don't realize just how strong the rays of the sun are. They are similar to a light X ray, penetrating thin clothing, wind shields, office windows, etc. UVB on the other hand does not penetrate through glass; however it does burn the skin.

Choosing Higher or Lower SPF

SPF 20 or lower = minimal sun exposure, ideal for everyday use such as driving a car or other transportation to work, school, shopping or walking down the street. Can be added to your moisturizer.

SPF 30 or higher = when spending 2 or more hours outdoors, even on a cloudy day. If you work outdoors, if you are gardening or play outdoor sports, biking or taking long walks.

CAUTION: Higher than SPF 35 does contain higher chemical content and may cause skin break-outs or become irritated depending on an individual's skin sensitivity and skin type.

FUN IN THE SUN AND LOOKING YOUNG!

[by France DiPaola]

spf30