

Spa Space

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*Restore Your Grace
At The Spa Space!*

Spa News Flash #6 – July '07

Sunscreen Time Is Here!

The last few days of hot, hot summer made me reapply my sunscreen several times a day. Therefore I thought, it is a perfect time to go over some important sunscreen facts once again.

Sunscreen products are designed to filter, reflect, or absorb UVA and UVB rays. There are sunscreen ingredients that neutralize ultraviolet light, and there are elements that reflect it.

There are two different types of sunscreen: chemical and physical.

Chemical absorbing sunscreen ingredients include the most popular octyl methoxycinnamate, benzophenone-3, octyl salicylate, para-aminobenzoic acid (PABA), padimate O and A, methyl salicylate, oxybenzone and avobenzone known as Parasol.

These ingredients chemically neutralize ultraviolet light, and very often they are combined together. A combination of two or three of these sunscreen active elements help screen a larger spectrum of light, and produce what is known as broad-spectrum sunscreens.

Chemical sunscreens cannot be seen when worn. Their disadvantage is that they are more reactive with the skin. Absorbing (chemical) sunscreen is one of the primary causes of skin allergy and irritation.

Physical sunscreen ingredients work by reflecting the ultraviolet light off the skin. There are only two approved to use by FDA: titanium dioxide and zinc oxide.

These finely ground minerals sit on the skin, and literally bounce the light off. Physical sunscreens are much less likely to react with the skin than chemical ones. In high SPF numbers, however, they are hard to formulate without giving a white pasty look.

SPF stands for sun protection factor. It is a number that represents how long a person can stay out in the sun without burning while using the product, how much time passes without the skin turning red from being irritated. If a person normally burns in one hour without sunscreen, an SPF-4 sunscreen theoretically will allow the person to stay out in the sun four times as long, or 4 hours, without burning. SPF is designed to prevent sunburns. They do not measure how much light is actually blocked from the skin or how much UVA and UVB rays are being screened which is more important in terms of sun damage prevention.

An SPF-15 sunscreen blocks about 94% of UVB light, while SPF-30 blocks about 98%. SPF-15 sunscreen is considered to be a good protection against sun damage. It does not mean that it can protect against all sun damage. The result depends on a person's heredity, the method of application and what is most important -- the frequency of application. In order to get the most protection one needs to reapply the sunscreen about every 2 hours regardless of the number of the SPF.

New Guinot Products

We are pleased to introduce new, advanced products from Guinot Institute:

Energizing body mist: this body fragrance acts like the skin's source of energy when sprayed over the entire body. Active ingredients:

- essential oils of mandarin, lemon and orange – provide energy and vitality
- trace elements (copper, zinc, magnesium) – tone by stimulating the synthesis of elastic fibers

Tinted moisturizers – radiance complexion cream: restores a holiday glow and healthy radiance, enhances skin by providing a continuous source of hydration. It comes in 2 shades to suit all skin tones (natural and gold).

Active ingredients:

- trace elements,
- aloe vera – super hydrating, forms a protective film on the skin surface to prevent water loss
- vitamin E – anti-free radical and anti-oxidant.

Lounge Vie Buste - youth firming bust serum, an invisible support bra: creates a younger-looking bust and décolleté, sculpt the bust and firm the skin in-depth.

Active ingredients:

- 56 active cellular ingredients: 20 amino acids, 14 vitamins, 15 active biological ingredients, 7 other active elements essential to cellular life (trace elements, minerals, salts)
- apricot kernel oil – nourishes, softens, hydrates, and restructures the epidermis
- lipoproteins (wheat protein) boost synthesis of elastic fibers
- biotech complex – forms a gel-like network that gives a firming effect
- kigeline – rich in firming flavonoids and sculpting emulsifiers
- fenugreek extract – hormone-like element that is firming and cell regenerating hydrocyte – continuous in-depth hydration

New Décor Elements

Perhaps some of you already noticed: We recently acquired several new art photographs for our room decoration. These are a continuation of our vibrant, custom-made Spa Space series of images, and replaced several earlier art photographs after a year on display. Later on, we plan for more new images to create a new look in our corridor, lounge, etc. This way our spa will always have for you some new stimulating, artistic touches, fresh and exciting to explore.

Stay Tuned...

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And, perhaps share your newsletter copy with friends. They will surely thank you for that. And – we will also thank you!

In fact, when your friend books an appointment and tells us that you recommended our services – we will promptly add one bonus point for each referral to your account (call for details), to say – thank you for your recommendation. Now, that's a real added value!

We hope to see you soon, and please always remember – if you are not sure what's best for you – we offer FREE skin consultation. So, book on-line, or call us now!

Thank you, and see you again soon!

- Grazyna, Rhonda, Debbie, and Chris

