



# Product Knowledge!

**What skin and hair products does Spa Almaz have to offer clients to prevent sun damage?**

**Jane Iredale Minerals:** *4 in 1 concealer, foundation, powder and sunscreen*

SPF (Sun Protection Factor) and the FDA SPF 18 Pressed Bases & SPF 20 Loose Bases – Formulated with titanium dioxide and zinc oxide, the minerals give instant, broad-spectrum, chemical-free sun protection. They also have a Very Water Resistant rating.

**Dermalogica:**

**Sheer Tint Moisture SPF15 and Sheer Moisture SPF15 (untinted):** is a convenient, three-in-one product: a lightweight, oil-free moisturizer, a sheer color wash and sun protection.

- Octinoxate protects skin against UV exposure and damage.
- Dimethicone is a Silicone that reinforces the barrier properties of skin, helping to maintain the level of hydration and prevent further water loss.
- Panthenol (Pro-Vitamin B5) helps to soothe dry skin and maintain hydration levels.
- Serine, Sorbitol, Glycerin and Urea are humectants used to hydrate skin.
- Juglans Regia (Walnut) Seed, from the Noix de Grenoble Walnut, is a rich source of bioflavonoids that scavenges free radicals, protecting the skin against further environmental aggressions.
- Olea Europaea (Olive) Fruit Extract, a water-soluble extract from the Olive Fruit, is rich in antioxidant polyphenols that help fight free radical damage and control environmental aggressions.

Iron Oxide

**Day Bright™ spf15:**

A Hydroquinone-free formula that helps balance uneven pigmentation illuminates the skin and protects with sunscreen during the day. Gives skin instant radiance while it works below

the surface to brighten skin tone.

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**Special points of interest:**

- Wear your sunscreen every day even when its cloudy. Make sure it is UVA and UVB coverage.
- Use a good stripping shampoo every third shampoo if you swim in a chlorine swimming pool.
- Get your skin checked yearly by a doctor if you have any moles or pigmentation spots.

## Product Knowledge Continued...

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- Optical light diffusers disperse light and illuminate the skin.
- Octinoxate and Octisalate act as broad spectrum sunscreens.
- Blend of eleven botanical brighteners including Licorice, Bearberry, Rice, Kiwi and Mulberry help diminish skin discoloration.

Reduces irritation, redness and pain induced by sunburn. Ideal for use on post-waxed skin.

### **Solar defense booster spf30:**

All skin conditions. Change your sun protection as often as the weather! Add full-spectrum protection to your moisturizer or foundation by mixing equal parts, or use alone for an SPF of 30.

### **After sun repair:**

All skin conditions. This treatment balm helps repair recent UV damage while instantly soothing overexposed skin. Our *Reparative Complex* helps protect cell proteins and restore lost moisture while Japanese Alder scavenges free radicals and accelerates repair of UV-induced DNA damage. A blend of homeopathic herbs reduces irritation, redness and pain induced by sunburn. Ideal for use on post-waxed skin.

### **Redkin:**

#### **Redkin hair cleansing cream**

Clarifies and helps remove mineral deposits (such as chlorine) and helps to remove product build-up.

#### **Anti Snap**

This product prevents minerals and hair care products from building up and depositing onto the hair shaft.

#### **Color Extend Line**

This line has UV filter which helps to deflect the sun rays and protect hair color from fading from in the sun.

### **Lippman:**

#### **Rich Girl spf 25**

"HEALTH mags. Best" hand & cuticle cream. This multi task cream firms and moisturizes hands immediately releasing dryness, chapping, and dehydration using shea butter, avocado, jojoba oils and anti-aging fade botanicals.

*This list of skin care products are wonderful in helping to prevent skin cancers. However, please remember it is very important to check your skin regularly. And, if you should see any thing unusual report it to your Doctor. Skin Cancers are preventable and for most parts curable if found in its early stages.*

## Common Questions with Professional Answers

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### **How much sunscreen must be applied to get the protection advertised?**

Much more than you think! At a recent conference of dermatologists, we learned that if you imagine your cupped hand mounded with shaving cream, that's the amount you must apply to achieve the SPF rating that the product claims. The FDA suggests: to get the maximum protection from your sunscreen, apply at least one large handful about 30 minutes before you go outside, and reapply after swimming, toweling dry, or participating in any vigorous activity that causes heavy perspiration.

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**Is there such a thing as a safe tan?**

No! A tan is a sign of injury. It is the body's attempt to increase sun protection after the skin is already permanently damaged by an overdose of ultraviolet radiation! 80% of the visible signs of aging is due to sun exposure. And that means all sun exposure, because radiation is cumulative. Walking to the mailbox, getting in your car, and sitting by the window all count! Unprotected exposure to the sun is like sitting in a time machine on fast-forward.

**What are some of the effects of sun exposure?**

**Aging Effects:** Lines, wrinkles and sagging are the direct result of sun damage to the underlying collagen and elastin fibers. Hyperpigmentation can be caused or exacerbated by sun irritation to the melanocytes, which in turn causes over-production of melanin, which is in fact the body's attempt to protect itself. Then add hypopigmented macules, telangiectasias and weakening immune system. **Non-Cancerous Effects:** Raised, roughed pre-cancerous actinic keratoses, liver spots or hyperpigmentation, solar elastosis, squamous and basal cell carcinomas, and melanomas mixed with the result of tanning is not a pretty sight.

**Can sun damage be reversed?**

We are told that some of it can be if, and only if, the skin is always protected from the sun. The excellent skin care products on the market today can substantially aid the skin in reversing sun damage. But they do no good if they aren't combined with sun protection. Months of hard work can be undone in one morning working in the garden with no sunscreen, hat or gloves on.

*Common Questions with Professional answers are taken directly from*

*[http://janeiredale.com/janesguide/jg\\_spf.html](http://janeiredale.com/janesguide/jg_spf.html)*

*Go to this link for more SPF and FDA information.*

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**Be Aware!**

**Great Sun Knowledge to be aware of!**

**The damaging effects of daylight exposure:**

It is important to acknowledge that any time spent in the daylight counts as time when your skin is exposed to the sun. Daylight exposure is as damaging to skin as tanning, as skin is still being exposed to sunlight, which is comprised of varying wavelengths of electromagnetic radiation (often referred to as the electromagnetic spectrum). About 35% of the spectrum is called visible (able-to-be-seen) light, 60% is in the infrared range (felt as heat) and 5% is made up of ultraviolet (UV) rays. It is this entire ultraviolet range that we must concern ourselves with as skin care professionals.

**High Energy / short waves.....Low Energy / long waves**

<b>UVB</b>	<b>UVA</b>	<b>Visible</b>
<b>290-320nm</b>	<b>320-400nm</b>	<b>400-700nm</b>

UVA rays (the aging rays) are the longest rays in the spectrum, and they penetrate deeper into the skin. UVA rays are responsible for causing damage at the cellular level, making them responsible for most skin cancers and the cause of the signs of aging in the form of wrinkles and pigment spots. UVB rays (the burning rays) are shorter than UVA rays, and are responsible for the actual "burn" or "tan" response in skin. Both UVA and

UVB rays can cause cancer, so wearing an SPF that shields skin against both is critical.

Ultraviolet rays generate free radicals (molecules that have gained or lost an electron) that wreak havoc on cellular material. They are capable of altering not only the DNA (genetic material of all living cells) but may also affect membranes surrounding skin cells, destroy or alter enzymes and proteins required for cellular metabolism and affect amino acids (the building blocks of proteins). Free radicals can ultimately result in the formation of sun-induced skin cancers.

Fortunately, our bodies are constantly trying to repair the damage of this vicious free radical assault. While our body's defense system is repairing damaged sites, our cells are releasing the by-products of this assault and repair process. The skin's inflammatory response may be seen initially as erythema (redness of the skin) which results from dilation of blood vessels in the dermis as a response to the cell damage and repair process.

Erythema generally appears two to six hours after exposure to daylight; the degree of redness is an indication of damage to the skin inflicted by the sun. Erythema is also used as a measure of the effectiveness of a sun-screen to absorb UVB rays and is measured by its sun protection factor (SPF). Factors affecting erythema include the amount of pigmentation in the skin, the ease of burning of the individual and the skin's resistance to tanning. While scientists are still trying to understand the different effects of ultraviolet radiation on the skin, they do know that the most effective rays for generating erythema in skin are attributed to the UVB rays. For this reason, UVB rays are often referred to as the burning rays.

Following the initial erythema or sunburn, the skin responds by proliferating cell production and producing melanin, which gives the appearance of a tan. Melanin granules are housed in melanosomes that are formed in melanocyte cells, which are dispersed among the basal cell layer, or the *Stratum germinativum* cells. There is one melanocyte cell for every 36 keratinocytes or epidermal cells. Melanin-containing melanosomes are injected into cells that are in close proximity to the parent melanocyte; the melanosomes move with the cells as the process of keratinization occurs and the cell moves toward the outermost *Stratum corneum* layer.

When melanin is exposed to ultraviolet radiation, there is an immediate response that triggers the melanocyte to move melanosomes toward the surrounding cells. This is followed by an increase in melanin biosynthesis, and some researchers even say, an increase in the number of melanocytes. As a result, skin becomes darker and the tanning process has occurred.

***Information is taken directly  
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