



# COMPLETION CORRECTION

## PREVENTATIVE SKIN CARE

**BY OLWEN HYROSS**

During the 18th and 19th centuries in Europe, and the New World, it was the epitome of style to have porcelain white skin. By the 20th century, in 1903, after Noble Prize winner Neils Finsen established his therapeutic benefits of "Finsen light therapy" for the treatment of infectious diseases, the idea that, "A Bronzed Skin is a Healthy Skin" began to be accepted. In the roaring 20's it became much more acceptable, further characterized by fashion designer, Coco Chanel's statement in 1929 that a girl with a golden tan was "chic".

It is true that a moderate amount of sun exposure, (5-10 minutes) is good for our health. The lack of it causes a Vitamin D<sub>3</sub> deficiency that is attributed to bone disease, and many other physical disorders. Mild exposure also protects us against the psychological effects, such as SAD disease. So, if sunlight is so good for us, why are we being warned against it?

### **THE FACTS**

Due to industrial chemicals (CFC's) that are carried into the stratosphere, the ozone layer

is being depleted. Scientists predict it will reach the peak by 2000-2010. Nature will not be able to repair the damage until 2065. Until then we can expect to experience higher levels of UVR's at the Earth's surface. Researches tell us, that UVR's cause 90% of all skin cancers, and statistical surveys tell us that 84% of sunbathers know this.

### **EXPOSURE**

The accumulative effect of exposure to UVB, and especially UVA rays, in any form: natural sun light, solariums, fluorescent, neon," Black

Lights" phototherapy, UV lasers, UVR lamps; is the formation of "Free Radicals" of different types, that attack the skin cells and connective tissue (Collagen) through various pathways, and damaging degrees. This exposure also destroys the essential antioxidant affect of Vitamin C that is present in the skin, thereby, setting the course of action for pre-mature skin aging, wrinkles, slack skin, and skin cancer.

If you're thinking that the jury is still out about artificial sun-tanning lamps being safer than natural UVR, new research may cause you to think again. The amount of UVA rays received from modern sunlamps ranges from 2 - 10 times more than that received from the natural sun. Therefore, it is strongly recommend that they be avoided. If used, limit the exposure according to your skin type. If your skin doesn't produce the nature melanin pigment by exposure to natural sunlight, it will not produce it with this method. Always apply a sunscreen protection that has been specifically formulated for this purpose. This method of tanning is not only more damaging to your skin's health, but also very drying. Apply a re-hydrating lotion, post tanning sessions. An absolute must, is to wear the correct protective eye goggles, to avoid penetration of UVR's to the cornea of the eye. Regular sunglasses or cotton pads do not give adequate protection.

## SUN WISE – SUNLESS SOLUTION

A safer alternative of obtaining a tan is with the application of a DHA (Dihydroxyacetone) or ERYTHRULOSE Sunless solution. Air-brushed on, this method is best applied on a smooth, clean, dry skin, after a salt scrub exfoliation of the dead skin cells. Colour changes take place with the DHA method, between 4 -24 hours, and with Erythrulose, 3 - 4 days. The reaction develops brown skin colouring which looks very similar to a natural tan and fades as dead layers of skin slough off, as in a normal tan. Check with your local Day Spa or esthetician for this service.

## ADDITIONAL PROTECTION

A daily application of an environmental protector to the face, neck, and hands that contains Vitamin C and E, works best for adult skin, to replenish the "free radical" scavenger action that these essential antioxidants provide to the Skin. The Vitamin C should be a highly stabilized form of L-ascorbic acid, which, can penetrate the skin cells, and can't be washed off. Likewise, a Sun screen lotion of a least SPF 15, (higher, if you burn in less than 10 minutes) should be re-applied every two hours if you're working or playing, under natural sunlight. If you're swimming make sure that it is also waterproof.

This summer hats are in, so wear one for additional protection and grow old looking ageless and fashionably healthy.

