

May News - Paula's Insights!



Thank you all so much for your support and superb testimonials.

Seahaven Business Awards 2019 - Anti Aging Therapy won
Runner up for Best Health, Wellbeing and Beauty Business!

Welcome to you all, and as you can see from my excited heading I came Runner Up for the Best Health, Wellbeing and Beauty Business at the Seahaven Business Awards 2019! An award I am very proud of and cannot thank you enough for taking the time to vote for me.

With the warmer weather on it's way I have been asked by many of my clients how they can best guard their skin against premature aging and skin cancer, and I would like to share the latest news with you.

What is the difference between UVA & UVB?

UVA light contributes to skin aging and the development of skin cancer as it penetrates deeper into the skin. It has a consistent intensity throughout the day, all year round and can penetrate through cloud, clothes, hats, shade, umbrellas even glass .

UVB light is more intense and leads to the redness and sunburn that is indicative to some degree of DNA damage which in turn can potentially lead to genetic mutations and skin cancers.

Think of it as **UVAging and UVBurn!**

The hidden danger is **UVA**, many high street sunscreens do not offer protection against and when they do its full of chemicals which are also cell damagers. **UVA** penetrates the skin to the deep layers of the dermis, close to your nerves and glands, and mutates cells that are being formed in the lower dermis, the main cause of skin cancer, premature ageing and collagen damage).

Some SPF only protect against UVB rays not UVA rays - when you see an anti-ageing product that contains SPF, check if it protects against **UVB** and **UVA** because if you want to protect against pigmentation and skin damage it must protect you from **UVA**.

This month, on 15 May 19 came the bombshell from the Centre for Drug Evaluation & Research in the USA, that it only takes just one day for ingredients to enter the bloodstream from sunscreens, which can alter hormones in men, women and children! This increases the damage to new cells, which new evidence has proven can become cancerous.

Most sunscreen brands contain cancer-causing ingredients such as parabens, petroleum oils, harsh alcohols, and chemical solvents. The 5 most toxic ingredients include Para-aminobenzoic acid (PABA), including octyl-dimethyl PABA, Benzophenones, especially benzophenone-3, 4-methyl-benzylidene camphor (4-MBC), Cinnamates, namely octyl-methoxycinnamate (OMC), and Homosalate.

A lot of conventional sunscreen brands use words as "natural" or "organic" but still have many synthetic chemicals. Make sure to avoid sunscreen brands that have ingredients that sound like chemicals: Butyl... Dieth... Ethyl... Methyl... Propyl... Trieth...

Sunscreen products block important vitamin D production.

Sunscreen products inhibit the Vitamin D production. We all know that the main source of Vitamin D is the Sun. It's absolutely necessary for our health because vitamin D regulates over 1,000 different

genes responsible for every cell in the body. So you should be getting 20 mins of natural sun (without sunscreen) per day.

If you have no choice but to be in the sun for a long time then apply a natural oil first before putting on a SPF cream, this way the oil acts as a barrier and stops the SPF molecules being absorbed by the body. It has been found that Natural Oils will neutralise the UVA Light. A little like when electricity comes into contact with a rubber.

As many of you know I am Breast Cancer UK Ambassador and give talks on the preventative measures we can take. Chemicals are found everywhere in our products so the most useful piece of advice I can give is get a **magnifying glass!** whatever you buy check the ingredients - especially in sun tan lotion!

As a National Elements advisor I personally only use the their products daily to guard against UVA/UVB and I can give advice if required, but please research to find products that are safe and you feel comfortable with.

If you would like further information on my therapies, Rejuvenating Face Lift Massage, Luxury Organic Facials or Rejuvenating Laser (Aromatherapy/Hot Stone Massage coming soon). I can be contacted on my mobile phone 07725999650 or you can email/message/visit my facebook group/website. I am also happy to come and give talks on Breast Cancer prevention or happy to answer any questions you may have.

I look forward to sharing regular **Paula's Insights** with you.

Take care of your skin, health and you.

Warmly

Paula x

Ageing is a fact of life - Looking your age is not!

www.antiaging-therapy.co.uk
Mobile: 07725999650

Email: paula@antiaging-therapy.co.uk