

Beauty Salon News

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summer beauty

The Beauty Spot

Holistic skin therapist, Julia Hart, combines high-tech treatments and skincare with an in-depth knowledge of nutrition and natural therapies. Drawing upon her 15 years of experience and training to visibly improve client's skin conditions, she's here every issue to share her must-have products and top advice with *Beauty Salon News*.

Spotlight on...smart sun protection

We all know that to avoid premature skin aging it is vital to protect our skin against UV radiation, but recent scientific advances are making sun protection a more confusing area for customers. New research from skin scientists shows that by incorporating potent antioxidants into the formulation we can enhance the sun protection levels without overloading the skin with more chemicals. Sun protection formulations have become more sophisticated over the last few years with additional ingredients such as antioxidants to boost the skin and enhance the UV protection. But how can you help your customers navigate their way through the product maze?

Ingredients to look for in your sunscreen formulation
The obvious ones are antioxidants vitamin C and vitamin E, as these protect against UV-induced sunburn and free radicals in the epidermis and dermis. Also look for some of the plant-based antioxidant boosters like Green Tea, White Tea, Pomegranate, Grapeseed and Lyopene.

It also suggests looking out for hydrating ingredients like hyaluronic acid as sun exposure decreases the skin's hyaluronic acid content which leads to dehydration and loss of volume.

This month I'm loving...smart sunscreens

« **Dermalogica** is a good option as the Solar Defense range includes a unique smart booster technology – a microcapsule that safeguards active vitamins then releases them upon contact with UV rays. The range of products are also skin-type specific, so you can feel confident in recommending products which will be good for oily, dry and premature aging skin.

» **Skin Medica's** Environmental Defense Sunscreen SPF50 is oil and fragrance free, with full spectrum UVA/UVB protection with added Hyaluronic Acid, caffeine and green tea extract.

» **SkinCeuticals** new Sheer Mineral Defense SPF50 looks excellent and promises an ultra fluid texture and very high UV protection which is 100% mineral! Great for more sensitive skins that cannot use chemical sunscreens.

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— Beauty Salon News, The Beauty Spot