

skin solutions

Ingredient Spotlight – Hydrate +

Hydrate +: Let's begin by BUSTING the MYTH of SPF.

SPF simply means “sun protection factor” and should NOT be the only thing to look at when looking for a sunscreen. In fact, it probably should be the LAST thing to consider! I know this goes against the grain with some of us, but truthfully, the SPF is not NEAR as IMPORTANT as the ACTIVE INGREDIENT!



If you have a SPF 50 sunscreen that is based on a chemical, then you are getting a FALSE sense of PROTECTION, and your skin is ABSORBING all the harmful rays of the sun. **These chemicals numb the top layer of skin cells so you can't feel the burn you're actually getting!!!** This in turn promotes cancer, premature aging and brown spots (hyper pigmentation) on the skin.

You must have a physical sunscreen, one with **Zinc Oxide** or **Titanium Dioxide**, which reflect the sun's rays, instead of absorbing them like chemical sunscreens do. SEE THE DIFFERENCE? An SPF 8 of a proper sunscreen (Zinc or Titanium) is FAR SUPERIOR than a SPF 80 of a chemical sunscreen. (By-the-way, it's IMPOSSIBLE to get higher than a SPF 45this is just another marketing technique which encourages the false sense of protection we've believed all these years!!)

We offer several great sunscreens. We are spotlighting my personal favorite, Hydrate + with Zinc Oxide and Vitamin E in a lotion base that makes an amazing lightweight hydrator as well. This is an appropriate daily moisturizer with TRUE sun protection blended in. It is a non-irritating, nourishing emollient, but not too heavy.

TIP: You can also mix this in with some of your loose mineral power and give it a squirt of Mystic for a super quick and super natural tinted moisturizer. Your skin will instantly have a healthy glow!

GENERAL INFORMATION

We carry exclusively CosMedix & Société Skincare lines. Both are chirally correct, natural, chemical-free lines containing no parabens, no dyes, no chemical irritation – only high potency vitamins, minerals & antioxidants that change the physiology of the skin.

Skincare products are recommended to support our professional services at home.