



# Salon News

Avanti Salon

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## Lip Gloss, Skin Cancer



Lip gloss is considered by many women to be their number one cosmetic. They simply will not leave home without it. It keeps our lips moisturized, soft, supple, and that shimmer makes us feel attractive. Right? Yes, indeed. We all love that feel.

So, am I talking about the ingredients inside the lip gloss, the addition of lead (as some do have) or the parabens? No, that's not the issue either, though you should take that into consideration when you are ready to make a purchase of a new gloss.

The problem lies in the fact that most lip glosses do not have any sun protection factor in them. When you go outside, you know that you must protect your skin, especially the skin of your face, neck, and hands because of the UV rays that are constantly bombarding those exposed areas.

Our mistake is that we have forgotten that our lips are skin too, and as such, they too need to be protected from the sun. People who spend a great deal of time in the sun get lesions on their lips that are called actinic keratoses. Left untreated, these can actually become raised and wart-like.

Some dermatologists are also concerned with the use of lip glosses because of the shiny nature of the product. They believe that it can actually magnify the UV rays of the sun and cause even more damage to the underlying skin of our lips. It's like taking a magnifying glass and concentrating the rays of the sun onto an object.

So what do you do? Toss all those luscious colors? Nothing quite so drastic. You can either wear lipstick, that contains SPF, or apply a lip balm with an SPF of at least 30 before your gloss. Some companies have even formulated a lip balm with an SPF of 50. Wear this underneath your gloss and know that you're doing everything you possibly can to protect your lips.

A helpful tip is to buy numerous lip balms and keep them everywhere...in the glove box (not so much in the summer due to melting issues), pockets, gym bag, briefcase, and purse.

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## **May Holidays:**

- Cinco de Mayo
- Mother's Day
- Memorial Day



## **Water for Relaxing**

No one quite knows the reason why, but the sound of running water is very relaxing to the human spirit. (I'm not talking about the toilet that runs, or that dripping faucet...get a plumber in and fix those.) I'm referring to the sound of a stream, waterfall, waves lapping on the shore, or even rain.

The sound of water fills our mind with something other than the business of our thoughts. Water sounds are the most popular recordings sold for relaxation and as insomnia cures. They work. Everything seems to relax; our minds as well as our bodies.

Warm showers and hot baths are soothing, as are cool compresses when we are feverish or have an inflammation of the skin or a joint ache. In this day of high-tech medical treatments and medicines, we seem to forget that sometimes the most essential elements of nature are equally healing.

## **Bunny Troubles**

As summer approaches, we look to our gardens and lawns for their colorful freshness... However, we are not the only ones looking to this wonderful change in the season. Rabbits are going to be very interested in the plant life in the yards, except not for the beauty, but rather the yummy factor. Don't panic! You don't have to freak out about the deceptively cute furry creatures destroying your yard. Just go to your local Feed Store or hardware store and get what is called a "Feed Block" and put it in the yard. The Feed Block is tastier to your furry visitors than anything else in your yard, so they will leave the plants intact and you in a very good mood with a beautiful yard!

## **Cool and Delicious!**

**With the heat of summer coming, the idea of cooking is less appealing than ever. But you don't have to cook in order to make a yummy meal that is cool and easy. Here is a delicious, eye pleasing recipe that will keep your kitchen cool and your tummy full! Slice up some fresh mozzarella and tomatoes. Put them in a bowl with some fresh basil, cracked pepper, and a little balsamic vinaigrette dressing and toss it all together. Slice some French bread up and serve! It is as easy as one, two, three, and it is very, very tasty!**

Spring is here and it's time for sandals. We have pedicure thrones that heat, recline, and massage. We use the best sea products so your skin feels great and smells even better! Come in and relax with lavender neck pillows and eye pads, or bring a friend and have a fun girl's day out. Check out our online brochure for more information and pictures.

Mention you read our newsletter and receive a free masque with your spa pedicure!