

## Beauty /



# Some ingredients to know

■ By Nicola Roberts

## Ingredients to help with acne

### Benzoyl Peroxide (Benzoyl and Oxygen)

Used to dry and peel acne lesions and prevent future breakouts in the skin. Kills bacteria in the follicle which leads to acne.

### Retenoic Acid (Retin A)

Dries and peels the skin. Stimulates healing of the skin. Loosens comedones, improves healing and stimulates collagen formation.

### Clays: Kaolin, Bentonite, Green Clay

Absorbs oil. Calming, astringent and anti-inflammatory. Reduces oily residue on the skin surface. Deep cleansing.

### Astringents: lemon, watercress, cucumber

Less aggressive than many tonics and toners. Can help to calm and reduce redness.

## Ingredients which can cause allergies

### Fragrance

Used to disguise the odour of products such as bath oils. Can cause dermatitis and allergic reactions.

### Preservative systems

Used to prevent contamination of products during use, for example formaldehyde (carcinogenic). Low levels are necessary in repeat use products.

### Lanolin

Gives 'slip' and 'glide' to a product. An emollient and moisturiser. Can cause allergic reactions and itching. Also carcinogenic.

### P.A.B.A.

A sunscreensing agent for UVA rays. Can cause rashes, itching and redness.

### Phenol

An antiseptic with anaesthetic properties used in

shaving creams and chemical peels. Can cause dryness and itching.

### Sodium Hydroxide (caustic soda)

Used by soap manufacturers, in cuticle removers, depilatory preparations and hair straightening products. Can cause dermatitis, is extremely alkaline and dries oil and moisture in the skin.

## Ingredients which can accelerate sun damage

### Lime oil

Used in fragrancing products and aftershave lotions. Aggravates photosensitive reaction to sunlight.

### Retinoic Acid (Retin A)

A base of Retin A is used for acne and fine lines. Can cause skin irritation and photosensitivity to sunlight.

### Fragrance

Disguises odours of products. Can create a photosensitive reaction, causing pigmentation.

### Exposure to ultra-violet A or B rays: natural sun or sunbeds (UVA only)

Tans the skin to develop melanin pigment. Causes damage to collagen in the dermis, producing premature ageing and the possibility of skin cancer.

## Ingredients which can inhibit ageing

### Benzophenone

A sunscreensing agent which absorbs UVA and UVB. It helps to prevent light absorption in the skin.

### Octyl Methoxycinnamate – parsol

A sunscreensing agent which absorbs UVB. Helps to protect skin from sun damage.

### Retinyl Pamatate – vitamin A

Moisturises and helps to prevent scaling. An anti-oxidant.

Helps to prevent the formation of free radicals in the skin.

### Tocopherols – vitamin E

Moisturises – rich in EFA (essential fatty acids). An anti-oxidant. Helps to maintain moisture in tissues and to prevent the formation of free radicals.

### Ascorbic Acid – vitamin C

An anti-oxidant. Helps to prevent the formation of free radicals.

*Nicola Roberts is the owner of Bellissima Hair and Beauty in Los Gigantes, Playa San Juan and San Eugenio Alto. For information or appointments please call 922 867 343, 697 902 361 or 922 719 355.*

### San Eugenio Alto:

- **Mondays** - free wash and blow dry or gents' cut with any massage, facial or colour treatment
- **Wednesdays**: all of these treatments €5 each; brow shape, lash tint, brow tint, underarm wax, bikini wax, upper lip or chin wax. Also half price spray tanning.

### Playa San Juan:

- **Fridays** - 25 per cent off all facials
- **Saturdays** - half price massage

### Los Gigantes:

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