

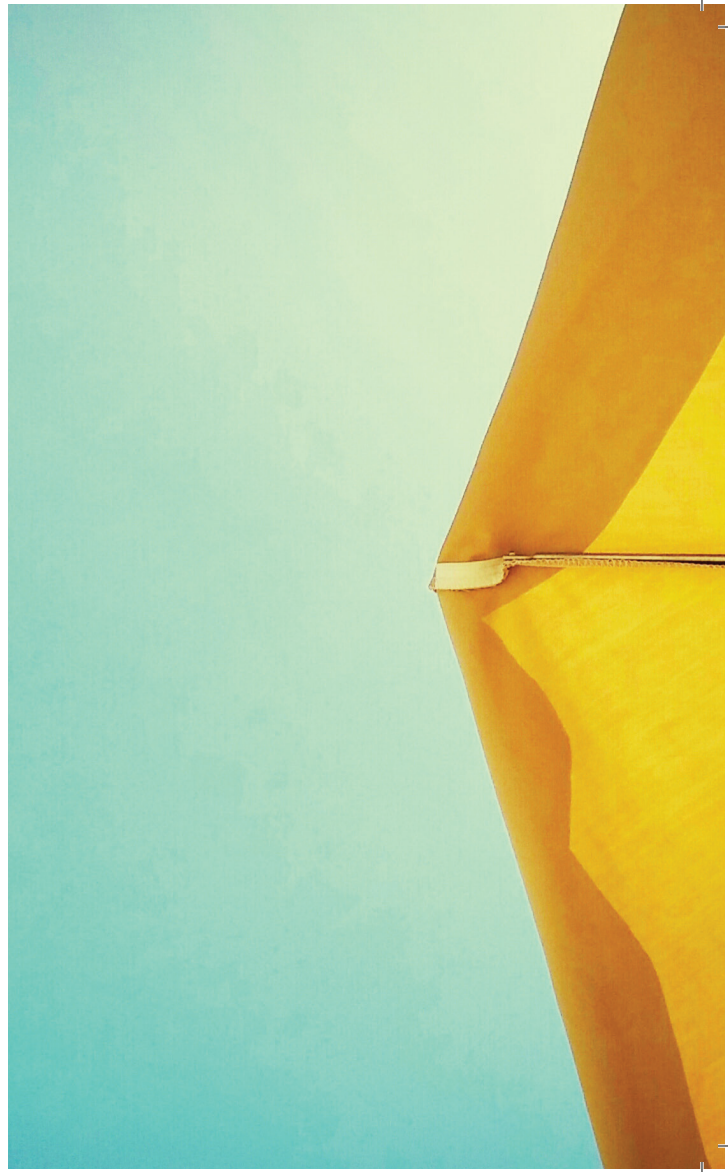
[comfort zone]

SUN SOUL

sunshine that's
good for you

LIFESTYLE
AND SKIN CARE
GUIDE







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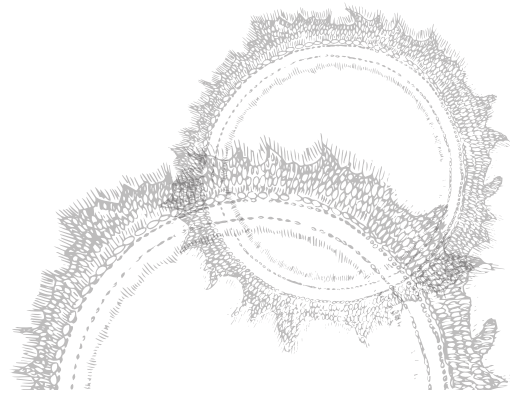
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THE SUN FRIEND OR FOE?

The sun is energy and life itself. It makes us feel good. It leaves skin looking healthy and, a vitally important factor particularly for women and children, it stimulates the production of Vitamin D, essential for the absorption of calcium, essential for healthy bones. All it takes to enjoy these benefits is just 15 minutes in the sun a day!

Short-break holidays and our desire to tan in a hurry, often mean we end up sunbathing without the right protection, or we stay out in the sun too long, exposing the skin to the risk of skin diseases and guaranteed early skin aging.





THE SUN'S RAYS WHICH, WHEN AND HOW

UV rays represent just 10% of the sun's energy, and they are chiefly responsible for the damaging effects caused to the skin.

- › UVA rays penetrate deeper down to the dermis, speeding up the skin's aging process and triggering allergies.
- › UVB rays penetrate the epidermis, stimulating the tanning process, but they are also the primary cause of sunburn.
- › UVA and UVB radiation can damage the DNA, causing alterations which, if repeated, can lead to skin cancer.

The level of UV radiation is directly influenced by the following factors:

- › **HEIGHT OF THE SUN** the higher the sun is in the sky, the stronger the sun's rays. The height changes throughout the day and over the course of the year.
- › **ALTITUDE** for every 300 metres in altitude, the radiation level increases by +4%.
- › **LATITUDE** the closer we are to the equator, the stronger the sun is.
- › **CLOUD COVER** when the sky is clear, radiation is at its highest level, but it can also be intense even when the sky is overcast.

ENJOYING THE SUN CHOOSE THE RIGHT PROTECTION

The way the skin reacts to the sun's rays varies a great deal, depending on phototype concerned: it is vital to know what phototype you are to choose the right sun protection factor.

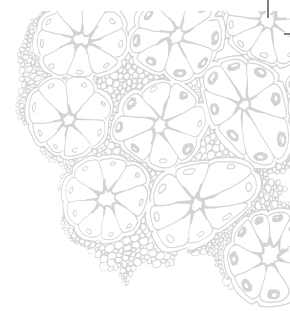
SKIN CONDITION	PROTECTION	SPF
VERY FAIR very fair complexion with freckles, blonde or red hair, pale eyes.	VERY HIGH	SPF > 50
FAIR fair complexion, dark blonde or light brown hair.	HIGH	30 < SPF < 50
MEDIUM fairly dark complexion, olive skin tone, dark or black hair, dark eyes.	MEDIUM	15 < SPF < 25
DARK dark or very dark complexion, hair and eyes.	LOW	6 < SPF < 10



CONSCIOUS TANNING

10 TIPS TO REMEMBER AT ALL TIMES

1. EXPOSE YOURSELF TO SUNLIGHT GRADUALLY increasing the exposure time one day at a time.
2. AVOID THE HOTTEST HOURS of the day from 12 to 4pm.
3. APPLY THE PROTECTION best suited to your skin 30 minutes before you go out into the sun and reapply every two hours, and every time you have been in the water.
4. PROTECT all the parts of the body exposed to the sun with a suitable amount of the product (35 grams for the whole body, around six teaspoons).
5. DO NOT USE SUNSCREENS BOUGHT LAST YEAR the filters can alter, reducing the amount of protection they offer.
6. DO NOT USE PERFUMES IN THE SUN, you run the risk of marks and reactions.
7. DO NOT STAY STILL IN THE SUN by moving, the sun's rays are distributed evenly over the body.
8. PAY ATTENTION IF YOU ARE TAKING MEDICATION especially anti-inflammatories, anti-diabetics and oral contraceptives as well as certain medicines for high blood pressure.
9. IF YOU ARE PREGNANT avoid the sun. Exposure can result in dark spots becoming more evident and even permanent.
10. PROTECT CHILDREN it is best to keep them in the shade up to the age of six months. When they are older, choose a fragrance-free sunscreen and use a hat or bandana and preferably sunglasses with a protective filter.



TANNING: TRUE OR FALSE? FACT OR FICTION

YOU DON'T GET A TAN IF YOU USE A HIGH SPF. **FALSE**

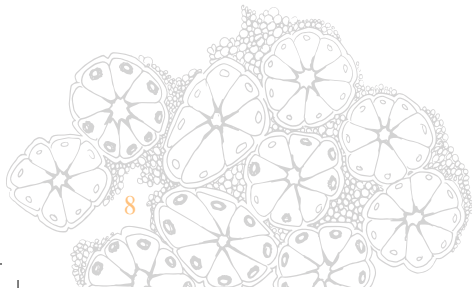
In actual fact, tans last longer with high SPFs: it merely takes longer, which is vital to ensure that the skin responds to the sun properly.

PIGMENTATION takes place in two different ways and moments:

IMMEDIATE AND TEMPORARY: starts immediately after and lasts 24-36 hours. This skin color is created by the oxidation of the melanin already contained in the cells, and does not provide any protection.

EFFECTIVE AND LONG-LASTING: occurs 48 hours after initial exposure, the time needed to produce new melanin.

It is caused by UVA and UVB rays, is long-lasting and provides protection.



THE SUN PROTECTION FACTOR (SPF) INDICATES HOW MANY TIMES YOU CAN MULTIPLY THE AMOUNT OF TIME SPENT IN THE SUN BEFORE SKIN BURNS

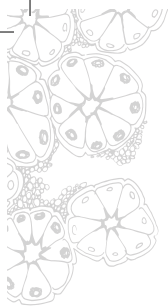
TRUE

A protective sunscreen therefore makes it possible to prolong the amount of time, but this does not mean we can expose the skin as much as we want. Remember: there is no such thing as total protection!

THE LONGER YOU STAY IN THE SUN, THE MORE TANNED YOU BECOME

FALSE

The production of melanin is limited to the quantity and type each person is physiologically able to produce (phototype). Beyond this limit, the skin's defences are exhausted: further exposure leads to risks and damage in the short and long term.



IF I'VE APPLIED A SELF-TANNING PRODUCT BEFORE GOING OUT INTO THE SUN, I AM NOT PROTECTED.

TRUE

The color the skin acquires with a self-tanning product is not down to the production of melanin, and does not therefore protect against the harmful effects of the sun. The skin is simply "colored" by a chemical reaction: for this reason, sunscreens must be used anyway, even if we look tanned.

I DON'T NEED PROTECTION WHEN I'M UNDER A BEACH UMBRELLA OR IF IT IS OVERCAST.

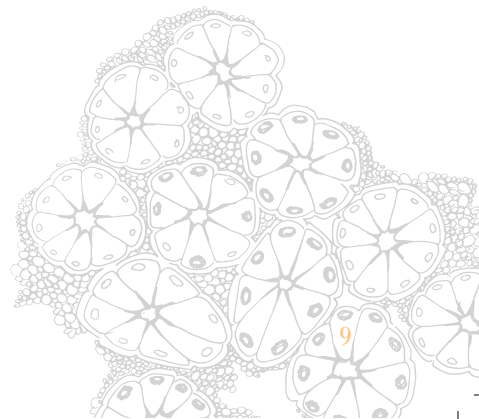
FALSE

Over 90% of UV rays also penetrate thick clouds. In addition, sand reverberates up to 45% of UV rays, and the "lens" reflecting effect is around 30% on grass and 10% on water. So you must never be without protection!

NEVER USE SCRUB IF YOU DON'T WANT TO LOSE YOUR TAN.

FALSE

Exposure to the sun causes the skin's horny layer to thicken as a natural defense of the skin against UV radiation. This is why skin tends to look harder and more wrinkly, and undesirable blemishes often appear. A face and body scrub used once a week, including during periods of exposure to the sun, is essential for ensuring skin remains soft and supple.



BEAUTY ROUTINE BEFORE THE SUN

Regardless of our phototype we can all achieve a golden and lasting tan if we prepare properly for sunbathing:

› **REQUEST A DEEP-CLEANSING SPA FACIAL TREATMENT**

to prevent spots and blackheads appearing during exposure to the sun.

› **USE A FACE AND BODY SCRUB**

to remove keratinized cells that accumulate during winter.

› **MOISTURIZE FACE AND BODY, MORNING AND NIGHT**

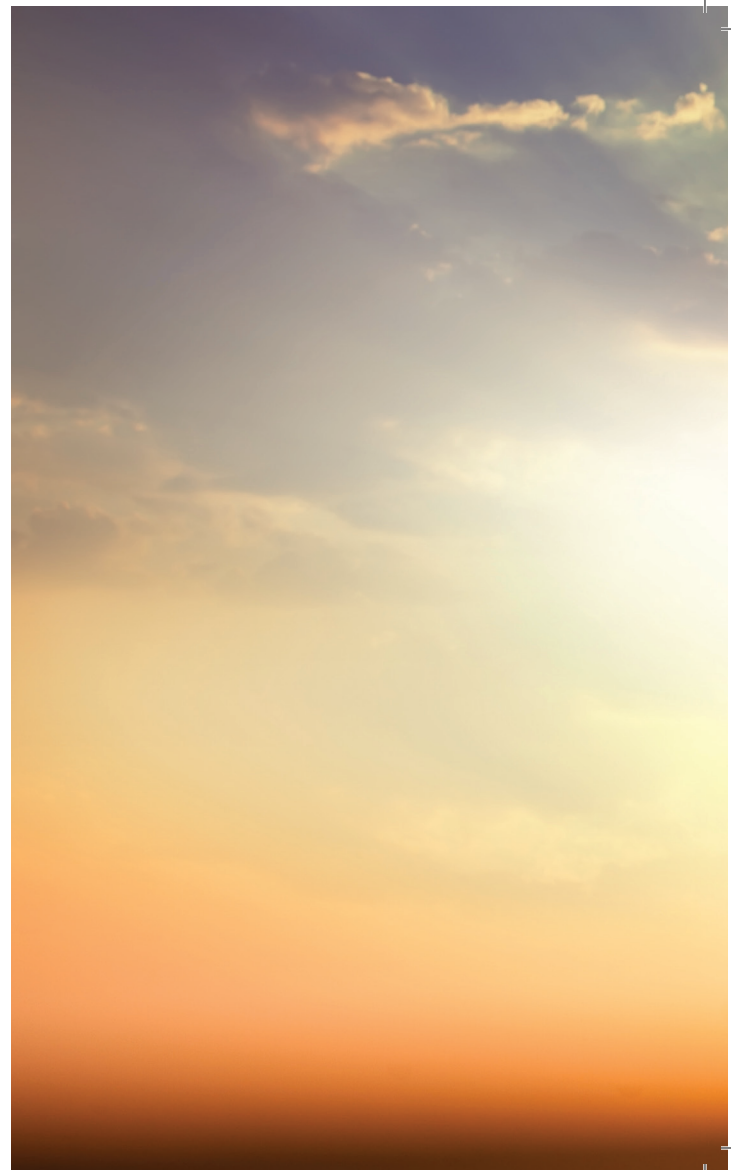
if well moisturized, skin is better protected against any irritations triggered by the sun, and tanning is more even and long-lasting.

› **TAKE A SUPPLEMENT**

with carotene and vitamin A starting three months before sun exposure.

› **APPLY A TAN ACTIVATOR**

at least two days prior to exposure to the sun's rays: not only will your tan be more even, but you will also stimulate your natural defences.





BEAUTY ROUTINE DURING AND AFTER THE SUN

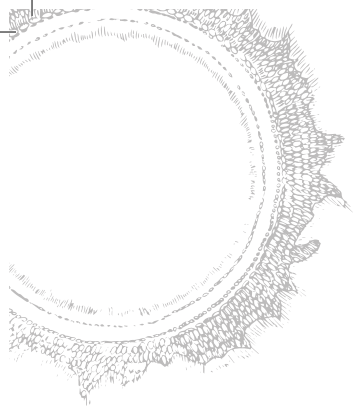
> DRINK, DRINK...AND DRINK!

Exposure to the sun leads to an increase in body temperature and the body becomes very dehydrated.

It is very important to drink during and after exposure, to prevent dehydration which, as well as damaging the skin, can cause general problems such as heatstroke.

> NOURISH AND MOISTURIZE SKIN

After exposure to the sun, choose a refreshing, soothing and highly nourishing formula for the body. For the face, in addition to after-sun, it is important to apply at least one face mask a week to restore and protect the skin's water levels.



SUN SOUL ANTI-AGING BIOMIMETIC SUN PROTECTION

Science and nature have yielded SUN SOUL, the innovative range of anti-aging sunscreens that boost the skin's natural defenses and protect the skin's DNA before, during and after exposure.

Developed without silicones, parabens, mineral oils and up to 90% natural-origin ingredients.

Wide spectrum UVA and UVB water resistant protection which is photostable and free from NANO FILTERS.

DRY TOUCH texture makes for rapid absorption and a pleasurable, silky feeling on the skin.

DERMATOLOGICALLY TESTED PRODUCTS

ANTIOXIDANT EFFICACY SCIENTIFICALLY TESTED



ACTIVE INGREDIENTS

ANTI-AGING EFFECT

BIOMIMETIC PEPTIDE DNA-DEFENSE

Mimics the effect of a protein which repairs damage to the skin's DNA caused by the sun, boosting natural skin defenses and counteracting the effects of photo-aging.

ANTIOXIDANT EFFECT

ACEROLA EXTRACT

Fruit originally from South America.

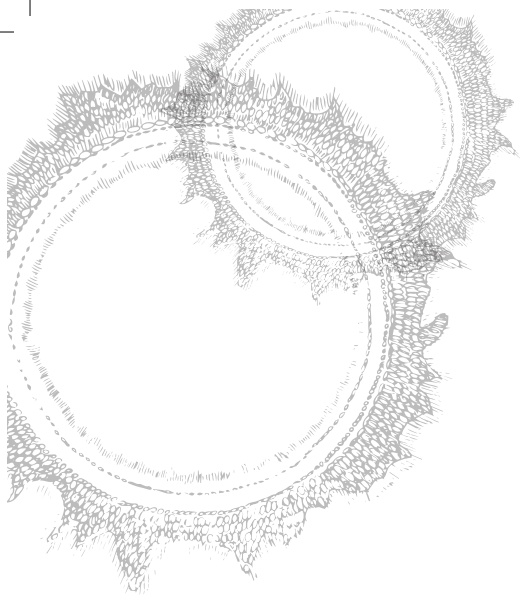
Helps counteract free radicals thanks to the high vitamin C content.

ECOCERT CERTIFIED ORGANIC ARGAN OIL

Packed with tocopherols and linoleic acid (omega 6), it is highly moisturizing and antioxidant.

Helps the skin's barrier to repair itself.





OUR PROMISE SCIENCE-BASED CONSCIOUS FORMULAS™

Cosmetic products feed and nourish the skin. For this reason we pay close attention to what goes into our formulas. We select the finest natural-origin active ingredients, high-tech molecules and cutting-edge carrier systems.

Every ingredient is chosen carefully to ensure MAXIMUM EFFECTIVENESS, SAFETY AND SENSORIALITY.

The SILICONES have been replaced with NATURAL OILS AND BUTTERS for maximum silkiness and for a "REAL ACTIVE BEAUTY" on the skin.



FREE FROM
SILICONES, PARABENS,
MINERAL OILS, ARTIFICIAL COLORS,
ANIMAL DERIVATIVES



ALL PARTS OF THE
PACKAGING CAN BE RECYCLED



100% PAPER FROM
PROPERLY MANAGED FORESTS



THE SUN SOUL RANGE

PREPARATION



CREAM GEL tan maximizing cream gel

85% ingredients of natural origin

for face and body, fresh and non-oily
recommended for those who want
an intense tan and for fair phototypes
who need to prepare the skin for
exposure to the sun's rays

200 ml e 6.76 fl.oz. U.S.



OIL SPF6 anti-aging sun oil

89% ingredients of natural origin

body oil spray
low UVA/UVB
protection water resistant

150 ml e 5.07 fl.oz. U.S.



MILK SPF10,15, 30 anti-aging sun milk

85% (SPF10), 81% (SPF15),
72% (SPF30) ingredients of
natural origin
body lotion spray
medium and high UVA/UVB
protection
water resistant

150 ml e 5.07 fl.oz. U.S.



CREAM SPF50+ anti-aging sun cream

62% ingredients of natural origin

face and body cream
very high UVA/ UVB protection
water resistant

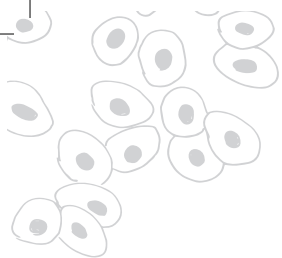
200 ml e 6.76 fl.oz. U.S.



CREAM SPF15 and 30 anti-aging face sun cream

82% (SPF15) and 72% (SPF30)
ingredients of natural origin
face cream
medium and high UVA/UVB
protection
water resistant

60 ml e 2.02 fl.oz. U.S.



SPECIFIC PROTECTION



EXTRA CREAM SPF50+ protecting anti-spot face sun cream

69% ingredients of natural origin
face cream that helps preventing
sunspots
very high UVA/UVB protection
water resistant
fragrance-free

60 ml e 2.02 fl.oz. U.S.



STICK SPF50+ sensitive areas sun stick

35% ingredients of natural origin
transparent stick for sensitive areas
very high UVA/UVB protection
water resistant
fragrance-free

5,5 ml e 0.18 fl.oz. U.S.



MILK KIDS SPF50+ protective sun milk kids

66% ingredients of natural origin
face and body milk spray
very high UVA/UVB protection
water resistant
fragrance-free

150 ml e 2.02 fl.oz. U.S.

AFTER-SUN



BODY CREAM anti-aging body after-sun cream

85% ingredients of natural origin
body cream
moisturizes, soothes and gives
freshness with antioxidant
protection

200 ml e 6.76 fl.oz. U.S.



FACE CREAM anti-aging face after-sun cream

90% ingredients of natural origin
face cream
moisturizes, soothes and gives
freshness and antioxidant
protection

60 ml e 2.02 fl.oz. U.S.

EATING THE RIGHT FOOD RECIPES THAT ATTRACT THE SUN

GO FOR PRO-TANNING FOODS which are rich in vitamin A and stimulate melanin production. Eat as much carrot, apricot, bell pepper, tomato, cherry, watermelon and melon as possible. All red and orange fruit and vegetables tend to be packed with betacarotene and vitamin A!

HELP SKIN STAY SUPPLE AND BRIGHT. Supplement your diet with vitamin C, with high antioxidant powers. Forest fruits, orange, papaya and kiwi help skin remain young-looking and tanned.

CHOOSE CEREALS FULL OF VITAMIN B, such as spelt, millet, quinoa, barley and buckwheat, which are useful for ensuring the melanocytes, cells which produce melanin, work properly.



NUTRITIONAL SUGGESTIONS

HOW TO IMPROVE BETACAROTENE ABSORPTION:

1. Always combine foods rich in carotenoids with vegetable fats (olive oil, walnuts etc).
2. Chew slowly, chop or blend the carrots.
3. Cook the vegetables: betacarotene withstands short cooking times well.

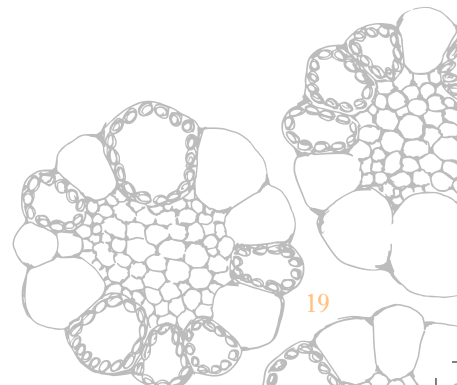
DID YOU KNOW?

Some vegetables such as Swiss chard, spinach, broccoli, lettuce, avocado and kale contain large amounts of betacarotene but the color of this pigment is concealed by the green of the chlorophyll, a powerful antioxidant which promotes the health of eyes and skin!

HEAT-BEATING TIPS FOR SUMMER:

Restore minerals and vitamins with juices, sorbets and smoothies. Go for foods that naturally help reduce body temperature, such as

- › watermelon, melon, peach and apricot
- › coconut milk
- › cucumber, radish
- › mint, cardamom
- › fennel seeds, aloe vera



PRO-TANNING RECIPES MELON ICE CREAM

Ingredients

330g melon flesh (a melon of around 500g)
200g ripe bananas, peeled (around 2 bananas)

Clean and cut the bananas and melon into small cubes. Close in a freezer bag and put in the freezer for at least 6 hours or overnight. Blend until the mixture is smooth and resembles ice-cream. Do not over-blend.

Eat immediately, or pour into a container with a lid and keep in the freezer.

Serve with mint leaves or accompany with fresh fruit, almonds, granola, coconut flakes or as wished.





PRO-TANNING RECIPES

PEACH AND AVOCADO WRAPS

Ingredients for 4 wraps / 2 people

1 ripe avocado of around 400-450g
1 peach
5 cherry tomatoes
2-3 leaves of radicchio or lettuce
1 small carrot
20g of rocket or basil
5g extra virgin olive oil
2 teaspoons of balsamic vinegar

2-3 drops of Tabasco or chilli pepper
1 lime, juice (or 1/2 lemon)
1/2 teaspoon, or to taste
4 flour tortillas or flat breads

optional

smoked tofu, salmon, grilled chicken,
tzatziki

Blend the flesh of 1/2 avocado with the Tabasco, lime juice and salt. Wash all the fruit and vegetables and cut the peach, cherry tomatoes and the remaining avocado into slices. Peel and cut the carrot into strips.

Remove the white part of the radicchio (optional) and cut the softer purple part into small pieces.

Brush with the oil and grill or cook with the peach slices in a frying pan. Add the balsamic vinegar, switch off the heat and sauté in the pan for a few seconds.

Warm the flat bread or tortillas slightly and spread the avocado cream on them. Fill with slices of avocado, peaches, radicchio and cherry tomatoes, alternating the ingredients.

Cover with the carrots and rocket, and roll the wrap up. Cut the wrap in half and eat immediately.

PRO-TANNING RECIPES

VITAMIN-PACKED SMOOTHIE

Ingredients for 2 glasses

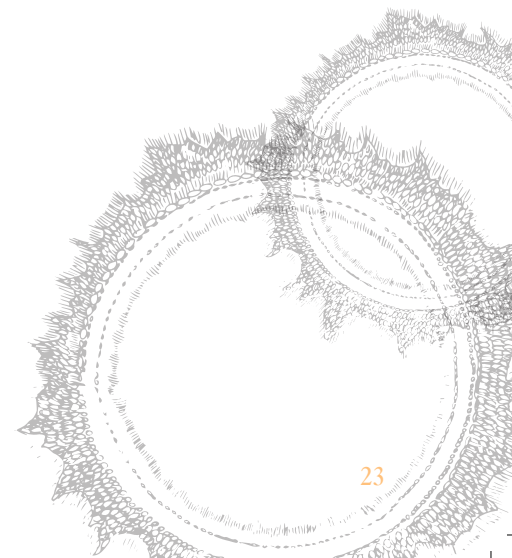
130g carrots
125g natural yogurt
80g melon flesh, cleaned
80g papaya flesh, cleaned (or peach, mango, apricot)
1 teaspoon of linseed oil or other vegetable oil
2.5cm fresh turmeric (optional)
4-6 ice cubes
1/2 lemon, juice

Peel the carrots and turmeric. Cut the melon, papaya and carrots into pieces.

Pour all the ingredients into a blender and blend for 1-2 minutes until creamy.

Serve chilled and drink immediately.





[comfort zone]

SKIN · SCIENCE · SOUL

Find out more about our products, treatments and lifestyle tips on
www.comfortzone.it