



Acids Are For Batteries, Not For Your Skin

It is hard to believe in this day and age that acids are still used in some skin care products, however science is now advocating a kinder approach to the war against wrinkles. The next generation of skincare is termed biocosmetics. This term describes the logical next step in skin care. It describes a 'bio-logical' skin care product, as an emulsion system that mimics the conditions found on healthy skin. Natural or nature-identical ingredients are predominant yet the performance of the cream is not restricted by what could be called 'tunnel vision' – a slavish adherence to an extreme philosophy.

We are not plants and our skin produces a natural defensive cream from sebum and water. The technical term for this cream is acid mantle. It contains a large range of ingredients, for example PCA (polyhydroxy carboxylic acid), a substance that helps the skin retain moisture. Traces of lactic

acid (not concentrated enough to have an exfoliating effect) and urea help maintain the natural regenerative cycle of the skin. Lipids (the body's own oils) form a barrier to foreign substances and help balance the moisture content of the epidermis.

A true bio-cosmetic copies the acid mantle as closely as possible. In the long term, our body will always respond more favourably to the carrot than the stick – care products that are designed to work with the skin rather than break it down. Taking this into consideration, Dr Spiller Biocosmetics are way ahead. In fact, its unique emulsion technology, Hydratain is unmatched.

It is a direct copy of the acid mantle and no other skin care product comes close to matching this unique emulsion system. It delivers long-term hydration levels unique to the industry and application morning and night will result in dewy soft, radiant skin for 24 hours. They also incorporate a vast range of ingredients, vitamins, extracts, minerals known to be beneficial to the skin. In fact, clinical tests have shown Hydratain can result in more than twice the uptake of an active ingredient into the skin, compared to other creams.

This is a giant step towards the new generation of skin care creams – working with the skin, rather than breaking it down. It is a preventive anti-aging home care for all skin types.

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Dare To Stand Up To The Critics

What stops most people from being their absolute best?

At most times, it is a fear of rejection. So what these people do to avoid rejection is either hide and not show themselves or they change themselves in order to seek approval from others. Is this a great way to live? Can you make a difference this way? Absolutely not.

Know this – confidence doesn't come from sitting at home thinking about being confident and it doesn't come from changing yourself to suit others. Confidence is a result of standing up to the critics and dealing with it and believing in yourself even if no one else will.

How can you achieve this?

1. Be open-minded. Realise other people's opinions do not have to be yours. However, instead of taking what other people say personally seek to understand their motives. When you do you will either form a bond, influence them in a positive way or even learn something.

Peter T. McIntyre said: "Confidence comes not from always being right but from not fearing to be wrong."

2. Be yourself no matter what. Realise that not all people will love you, agree with you or believe in you and that's okay. The only way you can make a difference and to feel free is to be yourself. How? Enjoy silence for there you will find your true self.

3. Know what you believe. If you don't know what you stand for you will fall for anything. Therefore be absolutely clear on what you believe so you know what you are standing up for. Start with asking yourself: "What do I believe about this?"

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