



GET GLOWING SKIN



By Fiona Robinson and Dr Caroline Davy

THE SKIN IS THE LARGEST ORGAN IN THE BODY. IT MAKES UP 15% OF OUR BODY WEIGHT AND RECEIVES ABOUT 1/4 OF THE CIRCULATING BLOOD.

Skin acts as a barrier against bacteria, chemicals in the atmosphere and radiation. It regulates the temperature of our bodies and can synthesise Vitamin D from sunshine.

Time, gravity and hereditary factors contribute to the appearance of our skin. Another key factor in skin aging is UV sun exposure. UV radiation results in free radical production, which leads to cellular damage and the inability of cells to reproduce.

While we cannot avoid skin aging, we can minimise the visible signs of aging by:

- Protecting the skin against UV radiation
- Providing the skin with antioxidants to help mop up free radicals
- Keeping the skin hydrated

A good skincare regime will assist with the appearance of healthy looking skin.

Comvita, the Manuka honey experts have created a new skincare range. Huni™, pronounced honey, harnesses the strong natural performance of UMF® 20+ Manuka honey. UMF® (Unique Manuka Factor) is a scientific measure of special properties found in active Manuka honey.

Huni uses an array of natural ingredients to promote the appearance of more supple skin. Among these ingredients is kawakawa and keratin to promote the appearance of smoother skin.



Visit your local Health 2000 store to find out more about the products mentioned within this magazine.