

Get Your Skin Glowing With Gorgeoussness

The skin is the largest organ in the body. It accounts for 15% of body weight and receives about one quarter of the circulating blood. This is a significant workload for something that is on average about 1- 2mm thick.

Our skin is one of our most vital organs because its acts a physical 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 also 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 in turn leads to cellular damage and the inability of cells to reproduce. Free radicals are important agents of skin aging. Smoking increases the number of free radicals in our body, as does pollution, stress and poor sleep.

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 also assist with the appearance of healthy looking skin. Consequently Comvita, the global experts in Manuka honey, 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 the special properties found in active Manuka honey and this type of honey was chosen for its moisturising properties.

Huni also uses an array of natural ingredients to promote the appearance of more supple skin. Among these ingredients is kawakawa extract to soothe the skin and keratin from the wool fibres of South Island sheep to promote the appearance of smoother skin. For more infor

