

THE PAINTED PONY CORNER

THE PAINTED PONY OFFICIAL NEWSLETTER



Let the Summer roll

Written by Kim Noeldner

Welcome to our very first issue of our Quarterly The Painted Pony Corner!!! I am very excited to start this new chapter for The Painted Pony. I hope that our humble newsletter will be informative, fun and full of skin, make up and wellness tips.

For our first issue we will focus on the role of sunscreen in our lives, why we need it and some tips for you to get the best out of your sunscreen.

We are going to delve into what is Vitamin C and why it is the buzz product for summer. And finally, we will talk about antioxidant protection and why it is an important part of your total sun protection.

Throughout the newsletter you will find some tips and tricks to help your summer breeze on by! Lookout for some really cool apps that help you take care your skin this summer plus our up and coming promotions for the coming months.

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Sunscreens, are you using one

Vitamin C's role in skincare

Who are antioxidants?

Summer lip care and other makeup tips

Up and coming promotions



Sunscreens, are you using one?

Do you need to use one? Are you confused as to what is the difference between a moisturiser with an SPF or a just a sunscreen? And finally, why do we need to wear one?

In Australia we have some of the harshest environments in the world, particularly in the summer when the hole in the ozone sits over Australia. This means in the summer we have a far greater risk of sunburn and serious skin damage if we are not protecting ourselves.

By foregoing daily SPF use we see and feel a collection of manifestations on the skin and put our health at risk. This can mean barrier impairment, which can allow more pollutant, viral and bacterial matter to permeate our skin.

A beneficial resource you can download is UVI Mate Sun Safety Coach..

How and what SPF to apply

The difference between a moisturiser with SPF and a straight up sunscreen is when you need it and for what occasion or activity you need it for.

Moisturiser with SPF: This is your daily protection and is a single application, which is suitable for average days mainly spent in doors such as driving to and from work, the gym, or grocery store.

SunScreen: This is for when you are going to spend serious time outside, such as beach days, sporting days, hiking days and time you are going to be active outdoors. This is also when reapplying is fundamental.

So to be totally sun savvy you need to have both a daily SPF and one for outdoor activities.

If you are planning an outdoor day you should apply sunscreen at least 30mins before you leave your house and continue to reapply every 2 hours at maximum. Also you should be very mindful of the time that you go out in the sun, for avoiding being out in the height of the sun (general rule 11am to 4pm), wearing a hat and clothes that cover well. And lastly be generous with your application!!!!

Vitamin C - Your New BFF!!!

The Australian sun sure has its fair share of perks. That big yellow guy rears his head daily so that we may frolic in the ocean, snorkel with our underwater friends, hike through rainforests, soak up our fair share of Vitamin D, fry various goods on the BBQ, and catch up with friends over an afternoon Aperol Spritz on the regular. The one downside, though? The effect all this time in the sunshine has on our skin.

While everyone can benefit from a daily dose of Vitamin C, it's an especially crucial ingredient for Australians to have in their skincare arsenal. One of the most potent antioxidants on the market, the life-altering Vitamin C is well-studied in terms of the plethora of positive short and long-term effects it has on the skin. Vitamin C works to brighten the skin by stopping the biochemical reactions that cause uneven pigmentation. (Here's looking at you age spots and post-inflammatory hyperpigmentation! Be gone!) Vitamin C limits the formation of free radicals in skin caused by everything from UV rays to pollution—or as I like to call it, life in general. The miracle ingredient also helps to firm skin by renewing the skin's surface, and it boosts the production of substances that keep skin looking luminous, which in turn helps to reduce the signs of ageing. Cya never, wrinkles and fine lines!



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Outside of the above, Vitamin C also helps to counteract the effects of oxidative stress by neutralising damaging molecules. The latest scientific research shows that Vitamin C can also actually enhance the skin's natural defense system. Talk about your new beauty cabinet BFF. The skincare powerhouse can benefit just about any skin type with its brightening, firming, smoothing, and nourishing instant and long-term effects. From the blemish-prone to those wanting a bright and luminous complexion (all of us, surely?), Vitamin C should be the first skincare ingredient you reach for.

TOP FIVE REASONS YOU NEED AN ANTIOXIDANT?

If there is one category of skin care ingredients you can never have too much of, it's antioxidants. They intervene to defend your skin against pollution and environmental damage, and work deep down to improve how skin works.

Skin's Anti-Pollution Defense

You don't see it happening, but your skin takes a daily beating from pollution and environmental stressors, which can lead to sagging, wrinkles, and dull skin tone. Abundant research has shown that topically applied antioxidants have a unique ability to intercept this kind of environmental attack and halt accelerated aging in its tracks!

Firming Skin

Over time, the vital substances in skin's surface become depleted, which causes firmness to decline. A potent blend of antioxidants can step in to help slow this kind of deterioration. The result? Skin regains a firmer look and feel!

Brighter Complexion

Select antioxidants have the unique ability to improve the appearance of dull, uneven skin tone and deliver a more healthy-looking complexion.

Soothing Skin

Certain antioxidants double up by also providing significant soothing properties for skin.

Wrinkle Fighting

Without question, abundant research shows antioxidants help diminish and visibly soften the appearance of wrinkles. There isn't a singular "best" antioxidant that you need to look for—what counts is that the product you use contains a variety of antioxidants (the more, the better)!

BEST ANTIOX PRODUCTS

PRICE

Bio Lumin C	\$130
Antioxidant Hydramist	\$67.50
Daily Superfoliant	\$88.50
Ultra Anti Ox	\$89
Vitamin A Serum	\$118 - \$158
Ultra C23 or C10	\$138 & \$115



Summer Make up Tip - Lip Layering

.Don't forget lips, eyes and hands need TLC too! Lips have nearly no melanin. Their colour is from tiny blood vessels below. High shine glosses draw UV in like baby oil. Lipsticks and balms with SPF are logical choices.

So start with our Jane Iredale Lip Drink which has an SPF 15, plus they have 7 cool colours to choose from.

Once you have applied the Lip Drink you can choose to put on a lip gloss or lipstick to create a deeper colour.



Lip Drink and Lip Gloss

This combo is ideal for a daily look or that sexy beach look

Lunch date Look

Apply your lip drink, then a lip pencil to create a base colour. Finally use either a lip stick or lip crayon to apply the final colour

Night out on the town

If your lips are a bit dry, apply some lip drink and allow to moisturise before applying more lip colour. Once you are ready, start with a lip pencil and colour in your entire lip. Then apply your lipstick and blot in between layers. Then for a real pop, apply lip gloss on the top.

MISH MASH!!!

JANUARY HOT PROMOTION

Unlimited Spray Tan Passport! \$179-

Yes, buy this and you can have as many spray tan in the month of Jan!!

T&C's Apply

FEBRUARY PROMOTION

Unlimited LED Facial Passport! \$599-

T&C's Apply



Want to know about our promotions you can follow us on Face book, Instagram or for on the fly or special quick promotions you can join our FaceBook Group.

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Skin Wellness