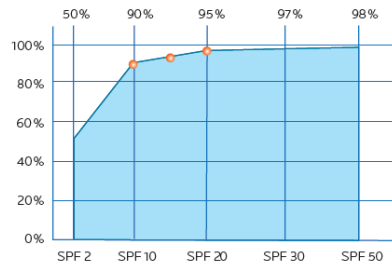


Is an SPF 20 strong enough to protect me properly?

UVB radiation is the main cause of sunburn.

A product with an SPF15 blocks about 92% of UVB radiation, one with SPF20 blocks about 95%. Sunscreen with higher SPF's only provide minimal more UVB protection.



Does 100% mineral sunscreen provide me with the protection that I need?

The Lavera range includes mineral sunscreens up to SPF20, which protect against harmful UVA and UVB rays. The main difference between natural mineral sunscreen and a synthetic one, is that mineral sunscreens work by providing a protective 'shield' (of Zinc Oxide and Titanium Oxide) that instantly and effectively reflects the sun's rays; whereas synthetic sun protection cream is absorbed into the skin and acts as a filter - the chemicals they contain counteract the effects of harmful UVA and UVB rays, (and can cause skin irritation because they contain synthetic emulsifiers and preservatives), and this process takes approximately 20 minutes to develop.

What's the difference between UVA and UVB rays?

UVA RAYS

UVA rays are long length rays which penetrate deep into the skin.

The results can be:

- Loss of tightness of the skin caused by damage to the elastin and collagen fibres, which makes skin supple and firm.
- Development of free radicals
- Permanent harm to DNA

Result: Premature skin ageing and wrinkles

UVB RAYS

UVB rays reach their peak in intensity from 11 am - 3pm in summer. These are middle length rays which penetrate the top layer of the skin, this triggers the production of melanin.

The results can be:

- Sunburn
- Damage to the DNA at the heart of the skin cells, one of the foremost causes of skin cancer.

How long can I stay in the sun safely?

Each skin type has its own natural protection time. Without the appropriate sunscreen you should not, under any circumstances, stay in the sun for longer than this time. People with extremely sensitive skin also react in a more sensitive way to the sun. A cream with sun protection factor (SPF) prolongs the time you can stay in the sun without running the risk of getting sunburn according to the following formula:

$$\text{skin's own protection time} \times \text{sun protection factor}$$

For fair skin this means for example:
 approx. 10 min. x SPF 20 = 200 min. = 3 ¼ hours of sun exposure time

This formula applies to all sun protection factors. Once you have reached your sun exposure limit it is advisable not to expose the skin to the sun even though more cream may have been applied.



L0003

Lavera

NATURAL COSMETICS



100%

natural mineral
sun care

no animal testing • no parabens • no synthetics • no petrochemicals • no SLS/SLES

100% complete mineral sun care

100% complete mineral sun care

Imported and distributed by Pravera Ltd - Conchieton Business Centre, Kirkcudbright, Scotland. DG6 4TA





Family Sun Spray SPF 15

Ideal sun protection for the whole family. Rubs in quickly and easily, water-resistant and immediately effective after application. The light formula with organic carotene and organic sunflower oil nourishes the skin and offers reliable protection from sunburn.

Kids Sun Spray SPF 20

Fun sun protection for delicate children's skin, water-resistant and immediately effective after application. Enriched with skin-protecting organic carotene, nourishing sunflower oil and soothing organic calendula extract.

Baby & Child Neutral Sun Spray SPF 20

This fragrance-free sun spray is formulated for sensitive and allergy prone skin. Organic evening primrose oil and sunflower oil nourish and soothe the skin. Free from flower extracts, herb extracts and essential oils. Immediately effective after application.

Sun Lip Balm SPF 10

Instant protection for delicate lips. Organic oils and moisturising plant extracts protect the lips and prevent them from drying.

Family Sun Spray SPF 15: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, Alcohol*, CI 77891, Lysolecithin, Helianthus Annuus Seed Oil*, Glycerin, Sodium Lactate, Stearic Acid, Alumina, Hydrogenated Lecithin, Dipotassium Glycyrhizate, Simmondsia Chinensis Oil*, Hydrogenated Palm Glycerides, Xanthan Gum, Beta-Carotene, Daucus Carota Extract, Tocopherol, Betaglukan, Calendula Officinalis Extract*, Brassica Campestris Sterols, Capsicum Annuum Extract, Ascorbyl Palmitate, Hamamelis Virginiana Distillate*, Rosa Damascena Distillate*, Parfum**, Limonene**, Linalool**, Geraniol**, Citronellol**, Citral**, Coumarin**, Eugenol**, Benzyl Benzoate**

Kids Coloured Sun Spray SPF 20: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, CI 77891, Alcohol*, Lysolecithin, Helianthus Annuus Seed Oil*, Glycerin, Stearic Acid, Alumina, Hydrogenated Lecithin, Dipotassium Glycyrhizate, Sodium Lactate, Simmondsia Chinensis Oil*, Hydrogenated Palm Glycerides, Xanthan Gum, Beta-Carotene, Daucus Carota Extract, Tocopherol, Betaglukan, Rosa Damascena Water*, Hamamelis Virginiana Distillate*, Calendula Officinalis Extract*, Capsicum Annuum Extract, Brassica Campestris Sterols, Ascorbyl Palmitate, Parfum**, Limonene**, Linalool**, Geraniol**, Citronellol**, Citral**, Coumarin**, Eugenol**, Benzyl Benzoate**

Baby & Child Neutral Sun Spray SPF 20: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, Alcohol*, CI 77891, Lysolecithin, Stearic Acid, Helianthus Annuus Seed Oil*, Levulinic Acid, Alumina, Dipotassium Glycyrhizate, Glycerin, Hydrogenated Lecithin, Oenothera Biennis Oil*, Sodium Lactate, Hydrogenated Palm Glycerides, Xanthan Gum, Tocopherol, Betaglukan, Hippophae Rhamnoides Extract*, Brassica Campestris Sterols, Ascorbyl Palmitate

Sun Lip Balm SPF 10: Glycerine Soja Oil*, Ricinus Communis Oil, Olea Europaea Oil*, Silica, Cera Carnauba*, CI 77891, Candellilla Cera, Simmondsia Chinensis Oil*, Zinc Oxide, Butyrospermum Parkii Butter*, Prunus Amygdalus Dulcis Oil*, Hippophae Rhamnoides Extract*, Helianthus Annuus Seed Oil*, Stearic Acid, Tocopherol, Daucus Carota Extract, Beta-Carotene, Ascorbyl Palmitate, Aloe Barbadensis Extract, Calendula Officinalis Extract*, Arom



Baby & Child Sun Cream SPF 20

Rich nourishing sun protection for babies and children. Organic carotene and nourishing sunflower oil intensively care for the skin and offer immediate protection after application.

Anti-Age Sun Cream SPF 15

The formula contains organic pomegranate oil, leaving skin feeling firmer. Ideal for the face, neck and shoulders, and is immediately effective upon application.

Neutral Sun Cream SPF 20

This fragrance-free sunscreen is suitable for particularly sensitive and allergy prone skin. Organic evening primrose oil soothes and calms the skin. Free from flower extracts, herb extracts and essential oils. Immediately effective after application.

After Sun Gel

Organic aloe vera and cactus extract intensively moisturises the skin, soothes sunburn and stops skin from feeling tight.

Baby & Child Sun Cream SPF 20: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, Polyglyceryl-3 Polyricinoleate, Alcohol*, CI 77891, Glycerine Soja Oil*, Glycerin, Helianthus Annuus Seed Oil*, Tricaprylin, Canola Oil, Stearic Acid, Hydrogenated Castor Oil, Butyrospermum Parkii Butter*, Simmondsia Chinensis Oil*, Alumina, Stearyl Beeswax, Behenyl Beeswax, Prunus Amygdalus Dulcis Oil*, Prunus Armeniaca Kernel Oil*, Tocopheryl Acetate, Calendula Officinalis Extract*, Xanthan Gum, Beta-Carotene, Daucus Carota Extract, Tocopherol, Capsicum Annuum Extract, Lavandula Angustifolia Water*, Rosa Damascena Distillate*, Betaglukan, Ascorbyl Palmitate, Parfum**, Limonene**, Linalool**, Geraniol**, Citronellol**, Citral**, Coumarin**, Benzyl Benzoate**, Eugenol**

Anti-Age Sun Cream SPF 15: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, Alcohol*, CI 77891, Glycerin, Stearic Acid, Squalane, Cetyl Alcohol, Lysolecithin, Hydrogenated Palm Glycerides, Alumina, Microcrystalline Cellulose, Glyceryl Stearate Citrate, Caffeine, Algin, Hippophae Rhamnoides Extract*, Helianthus Annuus Seed Oil*, Sodium Hyaluronate, Punica Granatum Seed Oil*, Simmondsia Chinensis Oil*, Olea Europaea Oil*, Xanthan Gum, Tocopheryl Acetate, Prunus Amygdalus Dulcis Oil*, Tocopherol, Betaglukan, Lecithin, Aloe Barbadensis Gel*, Calendula Officinalis Extract*, Ruscus Aculeatus Root Extract, Hamamelis Virginiana Distillate*, Rosa Damascena Distillate*, Butyrospermum Parkii Butter*, Brassica Campestris Sterols, Hydrogenated Lecithin, Beta-Carotene, Ascorbyl Palmitate, Parfum**, Limonene**, Linalool**, Geraniol**, Citronellol**, Citral**, Coumarin**, Eugenol**, Benzyl Benzoate**

Neutral Sun Cream SPF 20: Aqua, Caprylic/Capric Triglyceride, Zinc Oxide, Polyglyceryl-3 Polyricinoleate, Glycerin, Simmondsia Chinensis Oil*, CI 77891, Alcohol*, Canola Oil, Stearic Acid, Glycerol Oleate, Tricaprylin, Hydrogenated Castor Oil, Helianthus Annuus Seed Oil*, Tocopheryl Acetate, Prunus Amygdalus Dulcis Oil*, Rhus Verniciflua Cera, Levulinic Acid, Alumina, Oenothera Biennis Oil*, Hippophae Rhamnoides Extract*, Aloe Barbadensis Gel*, Tocopherol, Glucose Glutamate, Dipotassium Glycyrhizate, Behenyl Beeswax, Stearyl Beeswax, Betaglukan, Ascorbyl Palmitate

After Sun Gel: Water (Aqua), Aloe Barbadensis Leaf Juice*, Alcohol*, Glycerin, Xanthan Gum, Helianthus Annuus (Sunflower) Seed Oil*, Rhizobian Gum, Menthol, Dipotassium Glycyrhizate, Camellia Oleifera Leaf Extract*, Opuntia Ficus-Indica Stem Extract, Lavandula Angustifolia (Lavender) Flower Water*, Rosa Damascena Flower Water*, Betaglukan, Fragrance (Parfum)***, Limonene**, Linalool**, Geraniol**, Citronellol**, Citral**, Coumarin**, Benzyl Benzoate**, Eugenol**



After Sun Lotion

Organic aloe vera and shea butter deeply moisturises and helps to balance the skin's pH after sunbathing – for a long-lasting tan. Soothing organic aloe vera cools, soothes and pampers the skin.

After Sun Shimmer Lotion

Shimmer particles made from natural minerals create a magical summery effect. Organic aloe vera provides intensive hydration, while organic almond oil nourishes the skin after sunbathing.

Self Tanning Lotion

This nourishing lotion with organic macadamia nut oil and organic jojoba oil is easy to apply to the face and body. Lavera Self Tanning Lotion provides a gradual tan, apply it evenly, if you require a darker tan apply it more frequently - takes up to six hours to appear.

After Sun Lotion: Water (Aqua), Glycerine Soja (Soybean) Oil*, Alcohol*, Glycerin, Caprylic /Capric Triglyceride, Glyceryl Stearate Citrate, Myristyl Alcohol, Cetearyl Alcohol, Helianthus Annuus (Sunflower) Seed Oil*, Butyrospermum Parkii (Shea Butter)*, Tocopheryl Acetate, Simmondsia Chinensis (Jojoba) Seed Oil*, Aloe Barbadensis Leaf Juice*, Xanthan Gum, Squalane, Prunus Amygdalus Dulcis (Sweet Almond) Oil*, Hippophae Rhamnoides Fruit Extract*, Hydrogenated Palm Glycerides, Tocopherol, Camellia Oleifera Leaf Extract*, Lysolecithin, Lavandula Angustifolia (Lavender) Flower Water*, Lecithin, Rosa Damascena Flower Water*, Ascorbyl Palmitate, Hydrogenated Lecithin, Brassica Campestris (Rapeseed) Sterols, Fragrance (Parfum)***, Limonene**, Geraniol**, Linalool**, Citronellol**, Citral**, Coumarin**, Eugenol**, Benzyl Benzoate**

After Sun Shimmer Lotion: Water (Aqua), Glycerine Soja (Soybean) Oil*, Glycerin, Alcohol*, Caprylic /Capric Triglyceride, Hydrogenated Palm Glycerides, Simmondsia Chinensis (Jojoba) Seed Oil*, Squalane, Butyrospermum Parkii (Shea Butter)*, Stearic Acid, Prunus Amygdalus Dulcis (Sweet Almond) Oil*, Aloe Barbadensis Leaf Juice*, Rosa Damascena Flower Water*, Titanium Dioxide (CI 77891), Xanthan Gum, Mica (CI 77019), Tocopheryl Acetate, Silica, Tocopherol, Camellia Oleifera Leaf Extract*, Helianthus Annuus (Sunflower) Seed Oil, Lysolecithin, Capsicum Annuum Extract, Hydrogenated Lecithin, Lavandula Angustifolia (Lavender) Flower Water*, Lecithin, Brassica Campestris (Rapeseed) Sterols, Ascorbyl Palmitate, Fragrance (Parfum)***, Limonene**, Geraniol**, Linalool**, Citronellol**, Citral**, Coumarin**, Benzyl Benzoate**, Eugenol**

Self Tanning Lotion: Aqua, Glycerine Soja Oil*, Dihydroxyacetone, Alcohol*, Glycerin, Glyceryl Stearate Citrate, Erythrose, Myristyl Alcohol, Cetearyl Alcohol, Helianthus Annuus Seed Oil*, Simmondsia Chinensis Oil*, Aloe Barbadensis Gel*, Caprylic /Capric Triglyceride, Macadamia Ternifolia Oil*, Tocopheryl Acetate, Xanthan Gum, Rosa Damascena Distillate*, Camellia Oleifera Extract*, Lavandula Angustifolia Water*, Tocopherol, Ascorbyl Palmitate, Parfum**, Limonene**, Geraniol**, Linalool**, Citronellol**, Citral**, Coumarin**, Benzyl Benzoate**, Eugenol**



100% complete mineral sun care



100% complete mineral sun care



100% complete mineral sun care

