



September
2005

Kabana Skin Care Newsletter

Volume I Number IV

Dear Erik,

Welcome to Kabana's September newsletter. In this issue you'll find the latest information on Kabana's website development, read a descriptive article on sun block and SPF value, and learn about another synthetic chemical to avoid (propylene glycol) in the Kabana Label Reader's Column.

Website Development II

Everybody Needs a Vacation...



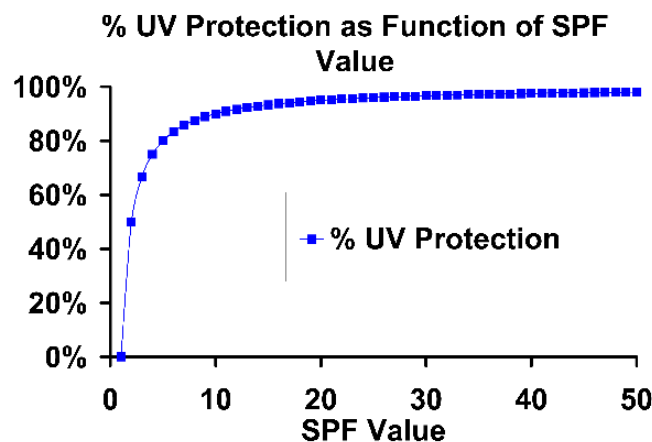
Including HTML gurus! Erik's guru escaped for about two weeks this month, returning refreshed and ready to rock and roll, but time and content coordination worked against his team for the October 1 target. The infrastructural groundwork has been laid; VeriSign will secure credit card payment processing, Nova will provide merchant services, Lunarpages will host the site. <http://www.kabanaskincare.com> will launch this month. Erik will send you a special October newsletter to commemorate the event. Stay tuned!

Development progress can still be accessed at the following link:

<http://kabanaskincare.lunarpages.biz/index.php>

Sun Block - More Than Just UV Protection!

Part 1 of 3: Sun Protection Factor (SPF)



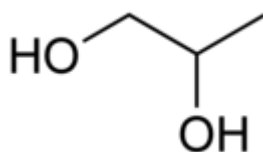
Few people realize what SPF actually means, so Erik thought he'd describe it to you. The SPF value reflects the amount of UV your skin absorbs; for 15, it's 1/15th or about 7% of what you'd absorb wearing nothing. SPF 30 is 1/30th or about 4% of nothing. Described another way, SPF 15 is 93% UV protection, whereas SPF 30 is 97% UV protection and SPF 50 is 98% UV protection.

You've probably heard SPF 15 is about the best protection you can actually get. The graph details why; as you buy higher and higher SPF value sun block, the marginal benefit decreases. It's not uncommon to find SPF 30 sun blocks that cost 20% more than SPF 15, but you only get an additional 4% benefit. Keep in mind that reaching a 4% increase in UV protection may demand double the synthetic sunscreens, which elevates your risk of potential health problems and side effects. AND, that's only part of the SPF story: FDA's experimental determination of a sunscreen's SPF value really focuses on the "burn" of sun burn (erythema/redness is caused by UVB), not the premature aging component (caused by UVA). Those high SPF sunscreens may be doing very little to protect you from early wrinkles and some skin cancers unless they also have a broad spectrum UVA absorber. The mineral Zinc Oxide is the best broad spectrum UVA and UVB sun block available which is why it is used in all of Kabana's products. Part 2 will cover sun block application issues and part 3 the importance of including anti-oxidants in sun block preparations. An additional page will be dedicated to this topic at <http://www.kabanaskincare.com> in the near future.

<http://kabanaskincare.lunarpages.biz/index.php>

Kabana Label Reader's Column

Propylene Glycol - It Dissolves Your Skin Too.



Propylene glycol, or PG, is another enormously ubiquitous chemical used in mass marketed consumer products. It is manufactured from the highly reactive petrochemical gas, propylene, via a catalytic process. PG is a common antifreeze and is used in applications where its highly toxic cousin ethylene glycol (the green stuff in your car's radiator) cannot be used, including foods.

Propylene glycol is a majority ingredient in many cosmetics (you'll find it near the top of the ingredient list quite often!), as it dissolves both fats and water-soluble compounds, making it very useful for maintaining lotion or emulsion stability, shelf life and dissolving compounds that don't like water. Despite being explicitly defined as a skin irritant, it's on the Generally (?) Recognized As Safe (GRAS) list published by FDA (SLS is also there) and is a primary solvent for artificial food coloring. It is used so often in skin care products because it partially dissolves the top layer of skin to enhance absorbance of everything in a formula, and anything else our skin touches. For example, Coppertone uses it to get more synthetic sunscreen into your skin and keep it there if you go swimming. Use of PG is unnecessary; Kabana uses golden jojoba oil as a natural alternative in Green Screen(tm) that also imparts wonderful anti-oxidants to further protect your skin. You will never find PG in any of Kabana's products.

[Love Your Skin! Kabana Does.\(tm\)](#)

Contact Information

email: ekreider@yahoo.com

web: <http://www.kabanaskincare.com>

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