

A-MIA

Nutritional Beauty

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NEWSLETTER

FACE BOOK, TWITTER AND THE BLOG

Madeleine has at last organised me, so that I am now writing our news regularly on FACE BOOK, have just today started to do a BLOG and am enjoying regular TWEETING. So please do join me there – “SEARCH FOR ME ON” A-Mia Beauty.

COCONUT OIL IS THE LATEST SKIN REJUVENATION INGREDIENT

Having used Coconut Oil as the “carrier oil” in my skin care for many years, it was with interest that I read in the Press last week :

“There’s a revolution happening – from A-list celebs to super models, from marathon runners to premier league football players, coconut water and coconut oil are becoming mainstream. More and more people are opening their minds to the incredible hydration of pure coconut water and the wondrous benefits of virgin coconut oil. The prized secret of the tropics, coconut water and coconut oil are being embraced everywhere as the new natural alternatives to sports drinks, skin lotions and culinary oils. COCONUT OIL is light, heals wounds, soothes itchy skin, can aid tanning and can block out 20% of the sun UV rays. Pure coconut oil is one of nature’s richest sources of medium chain triglycerides (MCTs). The relatively small molecular structure of MCTs allows for easy absorption into your skin giving it a soft, smooth, and supple texture. It strengthens your skin’s underlying connective tissues warding off lines and wrinkles.”

It is certainly good but it has always seemed simpler to me to describe the MCTs as “fatty acids” with the best natural pH for skin care. These essential fatty acids are lauric (found in mother’s milk), capric and caprylic acids. It also provides a good proportion of protein, as it contains some of the essential amino acids. The great thing is that IT WORKS. Also we must remember that coconut is a fruit so does not present us with the worrying nut allergies that its name suggests. Full gentle fruit acids are much more effective to the harsh chemical acids so often used in most commercial skin care brands.

The Science of skin care does not have to be chemically derived.

**Katie May
1st September, 2011**

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