



**Hi and welcome** to this info sheet on getting set for summer naturally, but without compromising on looking good or feeling great! You'll find lots of my info in my latest book '*Look Great Naturally - without ditching the lipstick*' and of course on my website [www.janeyleegrace.com](http://www.janeyleegrace.com) I believe there is a 100 per cent natural solution to just about everything and by opting for that you'll usually increase your health and wellbeing, save money and be able to tick the 'eco box' without even trying, just by reducing the synthetic chemicals in your everyday life.



### **So first up then let's talk**

**sunscreen**, the Baz Lurman song would have you believe you mustn't leave home without it, but enlightened souls know that back in olden days the sun was seen as life-giving, people talked of the healing power of the sun. Heliotherapy was prescribed for many an illness. The first naturopaths made sure their patients sun-bathed under controlled conditions for certain amounts of time each day.

Now of course we have pollution and the ozone layer to think about so while my views can be controversial I'm not suggesting that you rush out to somewhere hot and bare all – but I do believe that a certain amount of sunshine is beneficial and I also believe that the blanket instruction of lading on chemical sun creams is a very flawed idea.

Recently there has been a lot of talk of vitamin D deficiency and partly this is due to the effects of all year round high SPF factor creams and moisturisers. Many people find they are lacking in vitamin D and if tested find they are advised to supplement with a vitamin D spray or capsule. In fact one leading oncologist stated that 25 per cent of deaths from breast cancer could be avoided if women took adequate levels of vitamin D. Make sure you get tested though as taking extra vitamin D if you don't need it can have contra-indications. Some GP's will test you or you can go to [www.betteryou.uk.com](http://www.betteryou.uk.com) where you can buy excellent vitamin D oral sprays.



'So get some sunshine if you have an olive skin tone' I hear you say, but what if you are like me, lilywhite, very moley – and very prone to sunburn? Well the answer is cover up! Clothes and shade are our best protection from the sun, and the great news is there are some great fabrics which are both antibacterial – anti-sweat and sun protective. Bamboo particularly is a lovely soft light fabric but can be worn on a hot sunny day. Opt for huge sun-hats a pashmina and sunglasses, film star style (in my dreams)



If you're in a situation where that's just not possible, perhaps when swimming or where there's no shade and you don't want to put your kit on, then you'll need some protection. In those instances opt for a more natural sun cream, remember that conventional sun creams often contain a hair raising number of synthetic chemicals, they block the beneficial UVA rays. Nothing falls off a tree when it comes to sunscreen, though the Aussie surfers have got it pretty right with their total block of zinc cream, Get as close as you can to 100 per cent natural with a sun block that creates a physical barrier and reflects the light. But then not everyone wants an opaque white nose! Be careful when choosing sunscreens that offer a transparent version though as some use nano technology which is a bridge too far in

my book. You can buy excellent sun blocks that offer transparent zinc oxide without nano particles such as [Caribbean Blue](#)

For general use try the raw blended sun creams from companies such as Live Native. For the kids it's hard to beat the excellent Organic Babies range from Green People who also make the excellent Oy 'Face the Sun' which is nice light cream for the face (spf 15) Melvita also make great organic sun creams.

So to reiterate don't be terrified of the sun, enjoy its healing benefits, but be sensible, find the shade of a tree. Avoid the hottest part of the day, cover up and be creative with fabrics, hats and sunglasses and if – God forbid you do get sunburnt snip an aloe vera plant and apply the healing gel or use a tiny amount of neat lavender oil (bearing in mind of course that essential oils can have contra-indications especially if you're pregnant or breastfeeding. You can also apply virgin coconut oil to soothe burnt skin. There's lots more information on natural sun protection, natural skincare, hair care, make up and deodorants at [www.janeyleegrace.com](http://www.janeyleegrace.com)

**Insect Repellents** Bites and stings can be a real annoyance in summer and it won't surprise you to know that I'm definitely not a fan of conventional insect repellents. Most contain a hair raising number of potentially toxic synthetic chemicals and often don't work!

We often forget that nature has provided us with all we need, we know that if we are stung by a nettle there will almost always be a soothing dock leaf growing nearby, most of us now the theory of applying vinegar for a wasp sting and bicarbonate of soda or milk for a bee sting but it's easy to forget to use cupboard remedies and rush to the pharmacist for a quick fix instead.

If you're trying to enjoy a meal alfresco and the wasps are hovering its worth trying a citronella candle and using citronella oil and I've recently found the most amazing natural insect repellent that actually works called [incognito](#) pictured here. Trust me it got a fair test, I am usually delicious fodder for mosquitoes but this year, while in Turkey, I got bitten exactly once, and that was the one morning I forgot to apply my Incognito ! It makes you invisible to the insects.  
[www.janeysnaturalstore.com](http://www.janeysnaturalstore.com)



You can get antibug balms too and special incense sticks to burn which repel the beasts. It's thought that if you have adequate B

vitamins the insects don't come after you, It's definitely worth upping your B vits before you go on holiday but ideally see a nutritionist to help determine which vitamins and minerals you are lacking before you self prescribe and end up rattling with supplements! Avoid wearing hairspray and perfumes too and it's worth noting that beer drinkers tend to get bitten more often!

If you are unlucky enough to be bitten the homeopathic remedy Apis30 is excellent and seems to relieve itching almost immediately. You can also apply Instant Relief which is a blend of Heliscyhrum Hydrosol and Roman Chamomile from

[www.sensitiveskincareco.com](http://www.sensitiveskincareco.com)



If you develop a rash or irritated skin, fill a little bag or sock with porridge oats and run shower or bath water through it, it will feel wonderfully soothing. You can also use the little bag as a wash mitt, great for kids with chicken pox too.

Lots more info in Look Great Naturally – without ditching the lipstick and at [www.janeyleegrace.com](http://www.janeyleegrace.com) Most of the products I recommend can be found at [www.janeysnaturalstore.com](http://www.janeysnaturalstore.com)

Have fun this Summer..!

A handwritten signature in blue ink that reads "Janey LeeGrace". The signature is written in a cursive, flowing style with a large "X" at the end.

The logo for "Janey LeeGrace Loves". It features a green heart shape on the left, followed by the word "Janey" in pink, "LeeGrace" in a smaller pink font below it, and the word "Loves" in a large, pink, sans-serif font to the right.

