

February 2016 Happy Chemist News

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Hi Susan

Be Healthy in the Sun! - Stay Sun Smart this Summer

New Zealand's sun is harsh and sometimes it feels like your only option is to stay indoors to avoid being burnt. But boy, do we have some good news for you. You can be Sun Smart and still have a good time outside with your family.

We all know it's painful when our skin turns red and we begin to peel. But did you know that being burnt repeatedly causes permanent damage? The reality is that tanned skin, is damaged skin.

"The only safe tan is a fake tan"



It's often thought that you only get burnt when it's hot and the sun is out. However, this is a dangerous misconception. The reason we burn is that the sun sends out three types of radiation:

1. Visible light - we see this as sunlight
2. Infrared radiation – we feel this as heat
3. UV radiation – we can't see or feel this

People often confuse infrared (heat) and UV (undetected to us) radiation. So, when the temperature is cool it means less infrared radiation but not necessarily less UV radiation.

One way we can be **Sun Smart** is to understand when you need to take most care in the sun. Therefore, Clive recommends protecting yourself between 10am and 4pm, regardless of the weather.

So how do we keep ourselves protected? The best advice is still to **Slip, Slop, Slap and Wrap.**

- Slip – into a shirt and into the shade
- Slop – on some sunscreen (SPF 30+ broad spectrum is best) 15 to 20 minutes before going outdoors; apply thickly to all uncovered areas including your face, nose, ears and behind your neck; re-apply sunscreen often (every 2 to 3 hours), especially after swimming
- Slap – on a hat with a wide-brim or a cap with flaps
- Wrap – on a pair of sunglasses (close-fitting, wrap-around ones). UV radiation is just as dangerous to eyesight as it is for your skin



The team at Clive's Chemist can provide you with a lot more **Sun Smart** information so give us a call us on 04-564 8618. We have expert advice, especially about the best sunscreen for you and your children.

New Post Box in Town

Got a letter to post? When the local Post Shop was relocated to The Strand, we heard our customers were finding this a difficult challenge, especially our older community members. So we lobbied and got a convenient Post Box placed right in front of Clive's Chemist, just for you. Now you can conveniently post your letters while you're out shopping. Just make sure you pop in and say 'hi!' while you're here.



And from the 22nd of February, keep an eye on your own mailbox for our **catalogue**.

Congratulations

These lucky winners will receive \$20 Clive's Cash. Thanks for your support! To be in win next month's competition, be sure to join our Happy Chemist Club and Like our Facebook page.

Happy Chemist club:
Miria O'Regan-Gray

Facebook:
Maureen Waugh



You're 2016 New Year's Resolution



[This one piece of advice](#) could make 2016 your happiest year to date. Being happy is also associated with lots of health benefits. Some of these include having a lower resting heart rate, lower levels of the stress hormone cortisol and lowers your risk of heart disease. So write down some reasons as to why you're grateful, today.

20% off Sunnies

Until the end of February only, we're having 20% off sunglasses. So get summer smart and come in today.



BILL BASS

Clive's Happy Thought

When you are grateful, you are content

When you are content you stop comparing your life to everyone else's life around you

Then what you have becomes enough!

Now that takes the stress out of life

See you instore soon :-)

Any health-related advice provided in this newsletter is intended as a general guide and doesn't replace a personal discussion with your doctor, pharmacist or other healthcare provider.

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