

"LIFE IS ART" NEWS

July 1st, 2010

LIFEART PROSTHETICS INC.

WWW.LIFEART.CA

Issue 2

Words of Wisdom

"BE THE CHANGE THAT YOU WANT TO SEE IN THE WORLD." - GHANDI

Laugh Therapy

"STEALING THE PAINTINGS"

Recently a guy in Paris nearly got away with stealing several paintings from the Louvre. However, after planning the crime, getting in and out past security, he was captured only 2 blocks away when his Econoline ran out of gas. When asked how he could mastermind such a crime and then make such an obvious error, he replied: "I had no Monet to buy Degas to make the Van Gogh."

Hasina Mehndi & Body Art

For the *very best* in henna tattoos & bridal mehndi for weddings and every occasion, contact Kim Brennan.



Call: (204) 95-KARMA
(955-2672)

<http://www.winnipegenna.com>

Tanning/Prosthetics/Skin Tone Changes

Visit [Wendy's Blog](#) to find out about how tanning and skin tone changes are managed when your custom prosthesis is designed.



I've always wanted to know...

CAN I HAVE A TATTOO ON MY PROSTHESIS?

It is possible to personalize your prosthesis by adding a custom tattoo. The design can be of your choosing and can be black/white or full color. The level of detail will depend on the size of the tattoo. A very small tattoo will not have good detail. Placement may be limited due to the thickness of the silicone in certain areas. Adding a tattoo is guaranteed painless and will make your prosthesis truly yours.



Are you wearing the right Sunscreen?

When scientists determined SPF ratings they only thought that it was UVB rays (the ones that cause sunburn), that caused skin cancer. New studies show that UVA rays (the tanning rays), also can cause skin cancer. Use these tips to maximize your protection from the sun this summer:

Use a Sunscreen with an SPF of 50: This gives you enough protection from the UVB rays, but look for sunscreen labelled as "broad-spectrum", which offers both UVB and UVA protection.

Check Ingredients: if the sunscreen doesn't say anything about UVA protection, you can check for certain ingredients. Look for "avobenzone" paired with "octocrylene". Or you can choose a sunscreen with zinc oxide or titanium oxide.

Use lots: Apply enough sunscreen to fill a shot glass.

Apply Often: Apply sunscreen 30 minutes before going outside. This is how long it takes for the sunscreen to soak in and create a shield. You lose protection when you swim, sweat, or just rub your skin, so reapply about every two hours.

Find more cancer prevention tips at: [Chatelaine Magazine](#)

If you do not wish to receive this newsletter please email wendy.smith@lifeart.ca or call 334-1206