



Alchimie Forever Founder

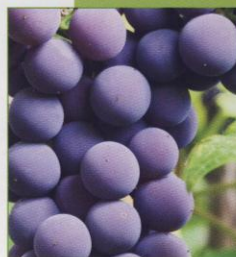
ADA POLLA may be up on all things antioxidants, but even she resolved to eat more fruits and veggies in 2010! The oldest of four girls, Ada loves to run and is planning to tackle her second marathon next year. She makes travel more enjoyable by living spa on the road. She finds this a great way to discover different spa cultures, most recently an outdoor Thai massage on an Indonesian island.



ALL ABOUT *Antioxidants*

WITH ADA POLLA

Antioxidants are not new to the beauty and skin care industries. Over the last few years, it seems they've been on everyone's lips as the latest "miracle in a jar." But what exactly are antioxidants? What do they do? How do they work? And which ones should you use? To get the answers to these questions, we went to Ada Polla, founder and president of skin care line Alchimie Forever.



LiveSpa: What is an antioxidant, anyway?

Ada Polla: Antioxidants are molecules that prevent or slow the oxidation of other molecules.

LS: Okay, so, why should I use them?

AP: They fight damage caused by oxidants such as free radicals, which cause the breakdown of collagen (think wrinkles), uneven skin tone (think brown spots, red spots, broken capillaries), and even DNA damage in the worst of cases (think skin cancer). While humans do have endogenous antioxidants (i.e., antioxidants that are manufactured by your own body), the level of oxidation you are exposed to in "normal" life (through sun exposure, tobacco smoke, etc. – the list goes on) is too high for those endogenous antioxidants to fight effectively. Using antioxidants enables you to better fight against damage.

LS: Where do I get them? Do I eat them, or put them on my skin?

AP: Both! Oxidation happens internally, and at the level of the skin. When you consume antioxidants, your internal organs will absorb them and benefit from them. A minimal percent of the antioxidants you eat or drink will actually get to your skin, however. That is why you should also apply them topically, in the form of lotions and potions to replenish your skin's level of antioxidants.

Research indicates that the combination of multiple antioxidants at low concentrations represents the most effective approach. Indeed, different antioxidants have different mechanisms of action and target different parts of your cells, thus offering synergies when combined. In the world of antioxidants, 1 + 1 is not 2 but rather 5. As such, the more antioxidant products you use, the better off your skin will be!

LS: Sounds great! Where can I find them?

AP: There are both natural antioxidants (sometimes referred to as phytoantioxidants) and synthetic antioxidants. In terms of natural antioxidants, all plants contain them. Some of the most studied for their antioxidant properties include rosemary, green tea, tomatoes, blueberries and pomegranates, but really, any fresh plant will contain antioxidants, so be sure to eat your fruits and veggies (and look for these ingredients in your skin care products). In terms of synthetic ones, idebenone is the best ingredient to look for. **LS**

