

## LOOK AS YOUNG AS YOU FEEL *Your Best Skin-Saving Strategies*

If you decided it was time to start using a moisturizer after spotting your first wrinkle, you're not alone! Most of us take our skin for granted during our misspent youth and don't receive the wake up call from father time until our age begins to show. Aging is an inevitable process, but we can look younger than our birth certificate shows. It takes smart choices – starting today – about what we do with our bodies inside and out to maintain that youthful glow.

**Drink up** – Think of your skin like a balloon. When it's filled up with water, the sides are supple and smooth but when it's emptied, the balloon appears limp and wrinkled. Fill up your skin by drinking plenty of water. Eight glasses daily is ideal.

**Cut bad habits that zap skin** – Smoking, tanning, alcohol – all are shown to deplete our skin of the water and nutrients it needs. Experts estimate that 80 percent of the visible signs of aging such as lines, brown spots and blotchy skin tone are a direct result of exposure to UV rays in our youth. It's likely that you won't recognize this until well after your teen years have passed, but it's never too late to shift to healthier habits.

**Don't let skin get radical** - A peeled apple browns due to oxidation much like our skin loses collagen and elastin from free radicals in our environment. We can combat this by consuming foods and beverages high in antioxidants that neutralize free radicals such as blueberries, kidney beans, nuts and tea. Topical treatments like the B. Kamins Beyond Botox facial also aid in this fight by delivering a powerful blend of antioxidants, including alpha lipoic acid, vitamins A & E and stabilized vitamin C.

**Shun stress** – The idea that life's irritants “get under your skin” has some truth to it. Chronic stress plays tricks with our minds as well as our bodies and our skin will often show it through bumps, breakouts and blotchiness. So creating regular times to relax whether it's a walk, a nap or a trip to the spa, can help you look and feel better over the long term.

**Get your zzzzs** – Sleep is your body's tool to prevent fatigue, replenish energy and boost your immune system. Depriving yourself of sleep manifests itself in your skin in a number of ways, such as agitating the fragile skin under eyes to create dark circles or puffiness. Set yourself up for sleep success with a comfortable, no-stress environment. Elevate your head using two pillows at night to reduce inflammation and start sleeping on your back to avoid creasing or wrinkling skin while you rest.

**Start early and change often** - Our body's natural, often hormonal, changes can be chaotic. Just ask the teenager next door. So create a skin strategy early, but don't plan on sticking to it for life because age, lifestyle and even the seasons will play a role in what cleansers, toners, serums and moisturizers are best for your skin at any given time. A trained aesthetician can help pinpoint your skin's basic needs and recommend the best solutions available in your price range.

**Protect yourself** – UVA damage isn't just reserved for the summer season, because factors like concrete and snow reflect the sun's rays even in winter. So give your skin a generous helping of daily sun block year-round and re-apply throughout the day when you're in a hot, wet environment. Have sensitive skin? SkinCeuticals offers a line of protective moisturizers for UVA and UVB protection engineered with fewer sunscreen ingredients to reduce the chance of skin irritation.

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Mario Tricoci sources:

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