

AGE BEAUTIFULLY

As we age, gravity takes its inevitable toll on our skin. It seems like as soon as the battle is over with juvenile skin problems, such as acne, you develop a new enemy: the wrinkle. Below are some tips to help you maintain your youthful-looking skin.

- Apply SPF daily.
- Eat foods that are rich in antioxidants.
- Drink a minimum of six glasses of water every day.
- Apply a rich moisturizer at night. Look for one that contains Retinol, the leading ingredient in anti-wrinkle creams.
- Get eight hours of sleep. If you don't get enough sleep your skin won't renew itself and it will begin looking dull.
- Switch to a smooth satin pillowcase. The creases in cotton eventually make their mark on your face.
- Wear sunglasses to prevent forming fine lines due to squinting.
- Avoid sipping through a straw as it contributes to lines around the mouth.
- Frowning actually causes more wrinkles than smiling, so SMILE!
- Break the habit of resting your chin on your hand to avoid stretching your skin.
- A good haircut can make your face look firmer and younger.

DON'T FORGET TO STRETCH!