

# Woman's Day

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Ideas

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## 142 WAYS TO BE HEALTHIER

- Top docs' best tips
- 10 instant stress busters
- Delicious disease-fighting recipes

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Is your skin looking dull? Stress may be the culprit. We've got 12 ways to get you glowing again

"When we're stressed, it's written all over our face. The body's hormone and chemical levels during these times degrade skin's function and cause dryness, fine lines and more," says New York City - based cosmetic surgeon Robert Guida, MD. It's time to start defending your complexion from the aging effects of stress.

## fight off lines

"Just like a hot iron can easily put a crease in fabric, constant squeezing of facial muscles during stressful moments can cause wrinkles to form," says Marsha Gordon, MD, consulting dermatologist for St. Ives. As we age, collagen production slows, which contributes to the formation of fine lines and wrinkles, especially around the mouth, eyes and forehead. It's important to keep skin hydrated to promote smoothness.

### to the rescue

● L'Oréal Paris Collagen Moisture Filler Day/Night Cream (1) keeps skin hydrated around the clock and plumps up fine lines and wrinkles that are caused by facial expressions. (\$16.59; at drugstores)

● Apply Skin Effects by Dr. Jeffrey Dover Cell2Cell CNS (Cellular Nutrient Serum) (2) before your moisturizer to promote collagen growth, improve skin's texture and reduce fine lines. (\$19.99; [cvs.com](http://cvs.com))

### fast fix

● Sweep on Physicians Formula CoverToxTen50 Wrinkle Therapy Face Powder (3) to matte skin and conceal fine lines. (\$12.95; at drugstores)



## revive dull skin

"Stress can make your immune system slow down, which in turn causes skin cells to lose the ability to repair themselves. When cells begin to build up along the skin's surface, they create uneven skin tone and texture," explains Miami- and NYC-based dermatologist Fredric Brandt, MD. Gently exfoliating skin at least three times a week will help remove dead cells and allow healthy ones to be revealed. A daily dose of vitamin C facial serum will also help even out and brighten skin tone.

### to the rescue

● The mixture of micro-crystals and jojoba beads found in 24.7 Skincare Daily Purifying Facial Scrub (4) will exfoliate skin, promote cell turnover and reduce the appearance of stubborn age spots. (\$9.99; [cvs.com](http://cvs.com))

● Lumene Vitamin C+ Energy Cocktail Intensive Care (5) is formulated with vitamins A, B, C and E to revitalize skin and prevent fine lines from forming. (\$21.99; [cvs.com](http://cvs.com))

### fast fix

● Create bright, even skin with Soap & Glory Touch & Glow Daily Radiance Moisture Lotion (6). (\$12.99; at Target) ▶





STRESS BUSTER TIPS ▽

- Create a playlist of soothing songs to listen to while washing up before bedtime.
- Sip on chamomile tea and use the warm tea bags as eye pillows to calm down puffiness.



battle dryness

"During stressful times, your circulation is not optimal, and the amounts of oxygen, vitamins and nutrients that are delivered to the skin decrease. When hydration levels and the outer layer barrier function (which helps trap and hold water) decline, dry skin forms," says David E. Bank, MD, founder and director of The Center for Dermatology, Cosmetic, and Laser Surgery in Mount Kisco, New York. Keep skin well hydrated to replenish moisture levels and always apply sunscreen with SPF 15 or higher every day to block the damaging rays of the sun. To give skin a boost, use a facial moisture mask twice a month.

to the rescue

- One side of Avon Solutions a.m./p.m. Maximum Moisture Dual Moisturizer (7) contains a day lotion with SPF 15 to hydrate all day, and the other is a rich night cream to repair skin overnight. (\$17.50; [avon.com](http://avon.com))
- Revive dried-out skin with Borba Replenishing Quench Masque (8). (\$30; [qvc.com](http://qvc.com))

fast fix

- Layer two to three drops of Mario Badescu Skin Care Herbal Hydrating Serum (9) over your moisturizer for an extra dose of hydration. (\$30; [mariobadescu.com](http://mariobadescu.com))



SKIN BULLIES

"It's not just stress that ages our skin. Harmful free radicals are generated in our bodies by sunlight, tobacco, sugary or processed foods and anything deep-fried," says Oz Garcia, PhD, author of *Look and Feel Fabulous Forever* and *Redesigning 50*.

sun

A tan is not a sign of health. It actually means skin has been damaged by ultraviolet radiation, which can cause a host of skin conditions ranging from mild to severe, including wrinkles and thickening or thinning of the skin.

sweets

Sugary treats and drinks don't just add pounds; they also raise your blood sugar level. The sugar attaches itself to collagen in a process called glycation, which makes skin inflexible and accelerates the aging process.

smoking

Cigarettes dramatically speed up the appearance of aging skin, especially around the mouth. Smoking decreases the flow of oxygen and nutrients to facial tissue and can result in deep crow's-feet and skin discoloration.

# combat tired eyes

"Stress signals the adrenal glands to produce more cortisol (the stress hormone), which makes fluid shift in the body and causes skin around the eyes to become puffy and change texture," says Kiehl's consulting dermatologist Adam Geyer, MD. To maintain a healthy, protective epidermal barrier, use undereye creams and treatments to keep this area well moisturized.

## to the rescue

- To help reduce the appearance of fine lines and wrinkles, try Olay Regenerist Anti-Aging Eye Roller **(10)**. Try storing the pen in the refrigerator to give puffy eyes cool relief. (\$22.99; at drugstores)
- The healing combination of arnica and vitamin E in Lierac Paris Diopticerne eye cream **(11)** will help reduce the appearance of undereye circles. (\$34; [lierac-usa.com](http://lierac-usa.com))

## fast fix

- Don't let tired-looking eyes bring you down. Before applying concealer, swipe on Smashbox Cosmetics Photo Up Under Eye Brightener **(12)** to instantly wake up skin and add moisture. (\$18; [sephora.com](http://sephora.com)) **wd**

