

Health & Beauty GUIDE



A Beauty Regimen for Every Age

As you age, your skin changes, and your beauty routine should, too. But most people stick with the same routine they've been practicing since high school, hoping for the same results.

Here's how to put your best face forward at every age.

PRESERVE AND PROTECT

Your teens and 20s should be all about preserving the assets of youth with your skin care regimen. Acne may be an issue, and scars should be treated promptly. Start with a good foaming cleanser and a moisturizer with SPF. Add a spot treatment or an intense night serum for moisturizing. If acne is more than just the occasional breakout or is large and painful, a trip to the dermatologist might be in order.

EXFOLIATE AND REPAIR

As you near the end of 30s, your skin is no longer exfoliating naturally as often as it once did – about once a month as opposed to the every two weeks it exfoliated in your teens and 20s. It may be time to switch to a gentle exfoliating cleanser or use an exfoliating mask once a week.

If you are lucky enough to avoid fine lines around your eyes in your 30s, they will most certainly find you in your 40s.



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Give your eyes an extra surge of hydration with a good eye cream.

MOISTURIZE

As you reach your 50s, the

most important thing you can do for your skin is give it the moisture it no longer produces on its own. As we reach our senior years, we are even more prone to dryness. In fact, the

most common skin conditions and skin infections affecting the elderly start with severely dry skin. If you haven't already, it's time to switch to a non-foaming cleanser, as well as a

retinoid and peptide-rich serum. Look for moisturizers with hyaluronic acid in them. And, as always, consult your dermatologist for proper treatments for problem areas.

Color Your Way to Inner Peace

Coloring books aren't just for kids. There is an entire market of coloring books targeted for those of us old enough to order a drink and rent a car. Coloring books intended for adults contain intricate designs and fine lines that take patience and a steady hand to complete. Read on for the benefits of keeping your crayons sharp.

INSTANT GRATIFICATION

There is a beginning (an uncolored page) and an end (a colored page) to every project. You know from the onset what it is going to take to finish the task, which cannot be said of many things we are faced with on a daily basis. There is also the added bonus of not having to bring a certain level of artistic talent to the table. If you can hold a pencil, you can color. The low stakes increase the pleasure.

SPARK CREATIVITY

Coloring pages are comforting to us because they eliminate what has come to be known as blank page syndrome. By working within a pattern that already exists, our stress and anxieties are lowered, which can free up brain space for creativity. You can lose yourself among the swirls and patterns, and at least mentally, escape the other demands in your life. Attention flows away from yourself and into the present moment, making you more mindful.

QUIET SOCIALIZATION

Coloring offers you the chance to be around others in a casual and non-threatening way. This is ideal for introverts who like to be around others, but don't like to feel pressure to participate in a group activity — or would prefer to listen



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rather than contribute to a conversation.

Be around others but do your own thing. That is the beauty of the adult coloring book.

GET YOUR GEAR

Hit the local book store for a wide selection of coloring books for every interest. The hobby's popularity even

means there are books for television shows, sports teams and more. Then go to your local art store for your medium; colored pencils are more

popular than traditional crayons for the detailed, intricate adult coloring books. You'll also need a good sharpener and a case.

Sunscreen 101

Buying sunscreen should be an informed decision. It's a product with the sole function of protecting your skin from being seriously damaged.

The good news is that knowing which product is the right choice for your skin doesn't have to be stressful.

Every year, the Environmental Working Group — an independent advocacy group that focuses on public health as well as environmental issues — releases an updated guide to purchasing sunscreen.

Here is what you need to know.

LOOK FOR MINERAL-ONLY SUNSCREENS.

Sunscreens with zinc oxide and titanium dioxide rated well in these reports because they are stable in sunlight and offer a good balance of protection against both UVA and UVB radiation. Avoid sunscreens containing vitamin A (look for retinyl palmitate), which is unstable in the sun and may harm the skin. Also avoid oxybenzone, which is a hormone disruptor.

DO YOUR RESEARCH

Prior to 2011, there were no legal requirements that sunscreens protect against lower-energy UVA rays. In 2011, the FDA enacted the first regulations for sunscreen, requiring companies that advertised “broad spectrum” to pass a series of tests.

This doesn't mean the system is safe. In fact, these FDA regulations are lax, when you consider half of U.S. sunscreens could not be sold in other countries with stricter regulations. This makes it critical that you do your own research before buying that next bottle.

HIGHER ISN'T BETTER

Many people purchase their sunscreen based on SPF, assuming higher is better. But research has shown there's very little extra protection once SPF reaches 50. The Skin Cancer Foundation reports that products with very high SPF may encourage individuals to neglect photoprotective behaviors, including spending time in the shade and wearing sun-protective clothing. When you purchase a sunscreen with higher SPF, you may not be getting the most bang for your buck. Talk to your physician about which type of sunscreen is best for you and your family.



Be Sure to Get Your Vitamins

Vitamins are essential for good health and living at your peak performance.

Without the necessary vitamins, you wouldn't be able to perform even the most basic of tasks. But are you getting enough? Here is a list of essential vitamins — and where to find them.

VITAMIN A

What it does: Vitamin A does great things for your vision and immune system. It can also reduce your risk for heart disease. Taken in large doses, however, it can be harmful, so make sure to only take the recommended amount.

Symptoms of deficiency: According to the Mayo Clinic, the first symptom of a deficiency is night blindness. Other symptoms include eye dryness, dry skin, frequent infections and seeing spots.

Where to find it: Look for foods rich in beta-carotenes, like carrots and cantaloupes.

B VITAMINS

What they do: Yes, there are several. And they work together to keep you mind sharp and your muscles toned. The most important of these for women is B9, also known as folic acid, which keeps red blood cells healthy.

Symptoms of deficiency: Anemia, fatigue, tingling feet, poor balance and sometimes



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shortness of breath and memory loss.

Where to find them: Fortified breakfast cereals and whole grains.

VITAMIN D

What it does: Doctors believe that getting your daily intake of this vitamin can reduce your risk of breast cancer up to 50 percent. It also helps your body absorb calci-

um, another essential vitamin.

Symptoms of deficiency: Most people suffer no symptoms, but can feel pain in the muscles or extreme fatigue.

Where to find it: Milk, orange juice and salmon are a great place to start, but you may need a supplement to reach your daily target.

CALCIUM

What it does: This vitamin is

all about strengthening your bones.

Symptoms of deficiency: Cramping, muscle weakness, muscle spasms, fatigue, sensations of pins and needles.

Where to find it: Milk, cheese and yogurt

IRON

What it does: Iron keeps your red blood cells healthy and strengthens your immune

system.

Symptoms of deficiency: Dizziness, fatigue, lightheadedness.

Where to find it: The two easiest places to get iron is through fortified cereals and red meat. Several vegetables are high in iron, too, particularly dark, leafy greens. Too much can be harmful though, so best to talk to a doctor before taking a supplement.



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You Are Beautiful

In case no one has told you today, you are beautiful. Beauty can be intimidating and something that can be difficult to see in ourselves.

And when we do recognize beauty in ourselves, it often

comes with harsh stereotypes and external pressures to maintain it.

This is important for your self-esteem, of course, but also for your health. Here are some successful, beautiful women and what they have to say about beauty.

“Don’t change your body to get respect from society. Instead, let’s change society to

respect our bodies.”

— *Golda Poretsky*

“You will never look like the girl in the magazine. The girl in the magazine doesn’t even look like the girl in the magazine.”

— *Jessiema Peluso*

“Don’t ever let a soul tell you that you can’t be exactly how you are.”

— *Lady Gaga*

“If you retain nothing else, always remember the most important rule of beauty, which is, who cares?”

— *Tina Fey*

“Beauty is when you can appreciate yourself. When you love yourself, that’s when you’re most beautiful.”

— *Zoe Kravitz*

“People are like stained-glass windows. They sparkle and

shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light from within.”

— *Elisabeth Kubler-Ross*

“While bangs don’t look good on everyone, confidence does.”

— *Lauren Conrad*

“No one can make you feel inferior without your consent.”

— *Eleanor Roosevelt*

Fix These Beauty Mistakes

We all make mistakes. Sometimes, we make the same mistakes over and over again because we don't think we are making a mistake at all. It's time to end the cycle.

Touching your face. Think of all the things your hands touch throughout a normal day. Do you want all that grime on your face? By constantly touching your face, you are transferring the dirt and oil on your hands, which your pores will soak up.

Applying foundation over concealer. Concealer is your last resort for covering marks. By applying it first, you risk taking it right back off when you apply foundation.

Too much powder. Powder should be used to set the rest of your makeup — not be a base on its own. Using too much will leave you looking ghostly. Visit a local beauty shop for tips on the right powder for you, the right method of application, and see just how much you should be using.

Not grooming — or over grooming — your brows. Follow the natural arch of your brow without taking too much off. A professional can help you find your natural arch and then you can easily



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maintain from there.

Cleansing your skin with the wrong product. You never want to feel “squeaky clean” after cleansing, as this is your first sign that you’ve stripped your skin of its natural oils. Choose a cleanser that is soft and leaves you feeling dewy.

Falling asleep with your makeup on. We’ve all been

there. It happens. Just don’t make it a habit.

Sleeping on your side or stomach. What does how you sleep have to do with your skin? Turns out, quite a lot. Burying your face in a pillow will create wrinkles over time. You should also change your pillowcases every few days to help combat acne.

Conditioning the ends of

your hair. Hair is fragile and water makes it more so.

Instead of worrying about weighing down your hair, the key is to find a conditioner with a lighter formula. Talk to your stylist or a reputable salon about which products are right for you.

Holding the hair dryer with your dominant hand. Stop. Your dominant hand

has more dexterity. By pairing that dexterity with your brush, you will gain more control over your style. More control during blowouts equals less frizz.

Blow-drying your hair when it is too wet. Your hair should be at least 60 percent dry when you put it under heat, which helps protect it from unnecessary damage.



Beach Bag Essentials

A properly packed bag will maximize your time in the sun and protect your body from harsh elements so you can enjoy that ocean breeze in peace. The following 10 items are must-haves for any seaside experience.

The bag. Your bag should be big enough to hold all your stuff, be durable enough for all-day fun in the sun, and, ideally, should be water-resistant. Also make sure it comfortably fits on your shoulder. If going the backpack route, use both straps to prevent a sore back or shoulder later. And don't overload!

Water. Stay hydrated and stay healthy.

Sunscreen. Protecting your skin from the sun's harsh rays is an abso-

lute must. Look for one that protects against both UVA and UVB rays.

Hat. Sunscreen is only the beginning of sun protection. A good hat will protect not only your scalp (which doesn't receive the treatment of lotions) but will provide an added layer of protection for your face — especially your nose.

Sunglasses. Because your eyes need protection too. Pack an inexpensive pair that you don't mind losing to the waves or getting damaged.

Lip balm. The sun will try and zap every bit of moisture out of your body — including your lips. Pack a tube that is moisturizing with an SPF.

Makeup remover wipes. Hopefully you are wearing less makeup and more sunscreen, but these multipurpose miracle workers are good for more than just removing foundation. They are great for sunscreen that melts into your eyes and wiping hands after application

— two of the most common reasons people skip applying sunscreen in the first place.

A plush towel. You will appreciate the softness by the end of the day, as well as the extra absorbency one will provide. Also look for one long enough to lay on

A good book. Let yourself truly relax by letting your mind escape to another world. Just don't get so absorbed into the story that you forget to reapply your sunscreen.