

# BEAUTYWISE

## Beat Stress To Look Your Best

(NAPSA)—Letting stress get the best of you is not a beautiful idea. Stress can mar your appearance, wrinkling skin and making hair—your greatest natural accessory—look dull. To beat the effects of stress, beauty expert Damien Carney offers these tips:

- **Schedule time for yourself.** Find time each month for recharging—whether you book a massage or a facial, sleep in one



**Relax: Take time for yourself and take time to repair hair damage caused by various hair treatments.**

morning or take a day to catch up.

- **Rethink your hairstyle.** Talk to your stylist about a new look. Take a few minutes to repair hair damage. You can try a product such as K-Pak Intense Hydrator from Joico. It's a rich, creamy hydrator made to combat the damage caused by styling, appliances, relaxers, perms and coloring.

- **Simplify your beauty regimen.** To save time and trouble, consider products with dual purposes, such as Joico's K-Pak Protect and Shine Serum, which takes the frizz out of curls, adds shine to long, straight layers and protects the hair cuticle.

For more information, visit [www.joico.com](http://www.joico.com) or call (800) 80-JOICO.