

New Trends In Nighttime Beauty And Wellness

(NAPSA)—From brains to beauty to physical well-being, the ABC's of healthy living may start with the Z's.

According to the National Sleep Foundation, more than 47 million American adults get less than eight hours of sleep a night. While some believe six hours will “do the trick,” experts now say otherwise.

“If you don't get enough sleep, you're more likely to have your mood affected and you're more likely to be anxious and irritable during the daytime. Memory may be impaired and your reflex time may be impaired,” says Dr. Stasia Wieber, Director of the Center for Sleep Medicine at The Mount Sinai Medical Center in New York City.

Just as minor sleep deprivation can affect your mood and dull your senses, it can also affect your appearance.

According to Dr. Francis Iacobellis of New York Presbyterian Hospital, “Sleep deprivation causes the skin not to repair itself as well as it could. Your skin ends up with a dull, blotchy, muddy, tired look to the face because you have dead cells on the surface that need to be removed.”

You need to go to bed before your skin can get to work. It's called “beauty sleep” for a reason.

While catching some Z's may be the most basic beauty treatment you can give yourself, try maximiz-



Having healthier, more radiant skin is so easy, you can improve it while you're sleeping.

ing your beauty sleep with help from these nighttime products:

- Olay Total Effects Night Firming Cream—Fight seven signs of aging on the face and neck while you sleep. The nighttime firming cream strengthens skin's structure and intensely moisturizes to provide visibly firmer, suppler skin.

- Crest Night Effects—Work on your smile while you snooze. The paint-on system forms a LiquidStrip™ coating over your teeth and brightens your smile in just 14 nights.

- Clarins Tranquility Rebalancing Fragrance—Unwind and ease into sleep with essential oils of Basil, Iris and Virginian Cedar. Each triggers an Aroma Therapeutic Action that envelopes the body to soothe and release tension.

So no more worrying about staying young and keeping happy—start sleeping your way to a healthier lifestyle.