

Your Health & Beauty

Steps Toward Sensational Skin

(NAPSA)—Even on a budget, you can put your best face forward. Here are some hints that can help from Dr. Robin Ashinoff, Director of Cosmetic Dermatology at Hackensack University Medical Center and Clinical Associate Professor of Dermatology at NYU.

“Not everyone can afford expensive treatments, but when purchasing skin care products, take a look at the ingredient panel—coenzyme Q10 and vitamin E are important skin antioxidants and will help balance skin texture, moisturize, and reduce the appearance of wrinkles,” said Dr. Ashinoff.

To keep your skin protected and younger looking, she suggests you:

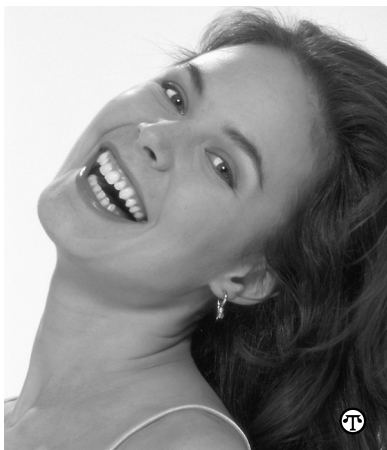
- **Apply SPF 30 or higher daily year-round** to prohibit sunburn and premature aging.

- **Get a humidifier.** If you have dry skin and cracked lips, a humidifier can bring moisture back into your skin.

- **Exercise regularly** for good overall health including your skin, but if you're exercising outdoors, remember to wear a broad-spectrum sunscreen that gives you UVA protection.

- **Keep lip balm and moisturizing lotions** by your alarm clock so you remember to apply them morning and night.

- **Limit your sodium intake.** Reasonable sodium intake and adequate water are necessary for overall well-being, as dehydration



It doesn't have to cost a lot to keep your skin young looking as long as you keep it hydrated inside and out.

will make you look drawn, bring out dark circles under your eyes and make wrinkles appear deeper.

- **Exfoliate weekly.** Exfoliation unclogs pores, keeps skin clean and helps reduce acne breakouts.

- **Moisturize daily.** Look for creams with the ingredient ALL-Q plus, such as Gold Bond Ultimate Restoring Skin Therapy Lotion, which can reduce wrinkles and correct damage caused by sun and dryness.

Learn More

For more information on skin care, Dr. Ashinoff recommends the American Academy of Dermatology Web site, www.aad.org.