

Skin Sense

facts from the experts

Reach For Rejuvenated Skin

(NAPSA)—Good news for busy women: It doesn't have to take a lot of time or trouble to be good to the skin you're in. Here are a few hints to help:

- **Drink to your skin's health.**

Carry a refillable water bottle so you can stay hydrated during the day as recommended by the National Institutes of Health. Add flavoring such as lemon or lime juice, sugar-free beverage mix or decaffeinated herbal teas to help you drink more liquids.

- **Sock it to dry skin—and glove it, too.**

You can get moisturizing socks and gloves that soothe and soften fatigued skin but at a fraction of the cost. In as little as 15 minutes, these spa-inspired SpaSentials products work to replenish worn-out skin as aromatic scents warm the senses to ease tension. Aloe, avocado and vitamins A, B5 and E penetrate into dry, rough skin, and hints of Mandarin Ginger Flower calm a busy mind. Dewy, supple, radiant skin is revealed.

An excellent reward for tired toes, helpless hands and parched skin, the socks and gloves penetrate to reveal healthy-looking, glowing skin and a renewed fresh perspective. What's more, any time can be spa time because the patented three-layer technology keeps moisturizer on the inside.

For the time-crunched traveler, the busy parent or the luxury enthusiast, comfort can be just fingertips away. You can find the socks and gloves at www.amazon.com/spasentials and ULTA stores.

- **Give it a rest.** Just a five minute break during the day can relieve the stress that the Ameri-



At home or on the go, spa-like treatments cater to today's busy lifestyle.

can Physiological Society says can distress your skin. Take a few deep breaths and close your eyes, put your feet up or take a short walk outside if you can.

- **Put a damper on dry skin.**

Use a humidifier, suggests the U.S. National Library of Medicine, to keep dry indoor air moisturized enough.

- **Improve skin from the inside out.**

Get enough sleep, eat a balanced diet, don't smoke and do exercise regularly. Good skin, explains dermatologist Lawrence Gibson, M.D., depends on good general health.

- **Stay away from dangerous rays.**

Always wear a moisturizer or sunscreen with an SPF of at least 15, advise the skin care experts at the Mayo Clinic, whatever the weather or time of year.

For more information, visit www.SpaSentials.com or call (800) 525-8388.