

A New Spin On Spring Cleaning

Update Your Health And Beauty Routines

(NAPSA)—Spring spruce ups don't have to be reserved for that top-to-bottom cleaning of your home this year. The season of renewal is the ideal time to put a little more "spring" in your health and beauty routines. To help get on the right track, actress and singer Vanessa Williams offers her own tried-and-true advice.

"Once spring rolls around and the warm weather kicks in, I always take time to reassess my health and beauty routine to stay youthful," says Williams. "We're all busy people, but it's easy to get motivated if you realize that a few small changes can go a long way." Vanessa offers her strategies for revving up health and beauty routines this spring:

- **Take care of the smile as part of the daily beauty regimen.**

Make brushing and flossing part of daily beauty routines to help get this natural beauty accessory—the smile—in top form. Use toothpaste that motivates you to brush twice a day for two minutes a session. Try Crest Rejuvenating Effects, which is designed to help keep women's smiles looking younger longer—and has an energizing mint flavor with hints of vanilla and cinnamon.

- **Set aside some quiet time.**

Make it a point to take a break from hectic schedules for 15 to 30 minutes every day to de-stress and relax. Create a soothing environment where you can clear your mind; try drawing a hot bath and surrounding it with candles and fresh flowers from the garden.

- **Start off the day with a glass of water.**

Make it easier to gulp down eight glasses of water daily by starting the morning with a big glass. It sets the tone for the rest of the day and supplies a boost of energy in the morning after the body has been deprived of water during the sleep cycle.

- **Develop a spring beauty plan.**

Make some time to develop a



strategy for the spring months. One month can be devoted to getting your hair in shape with a new seasonal hairstyle and doing a deep-conditioning treatment. The next month, toss old bottles of sunscreen and self-tanners and stock up on the new stuff. Then, start getting pedicures more often so feet look great in open toe shoes by the time you hit the beach in summer.

- **Revive your exercise routine.**

As the days are getting longer and warmer, make an effort to get some fresh air and to take exercise routines outdoors for a change of pace. Try out al fresco activities like biking, speed walking or even doing yoga poses in the backyard.

- **Update your make-up bag.**

Throw out old items and dark winter colors in your make-up bag. Check out fashion magazines and look at the ads to see which seasonal make up palettes are in style (they are usually derived right from the season's runway couture).

"Every new season is a great time to assess how well you're taking care of yourself—and to boost your overall wellness with a few simple changes," says Williams. "I find that a renewed commitment to common sense strategies like eating a proper diet, drinking plenty of water and getting enough sleep, is a great and easy way to help look and feel your best," says Williams.