

# SKIN

Using sun block and staying hydrated are key to reducing and preventing wrinkles.

Here are some simple tips to keep your skin looking youthful, softer and glowing.



## **Be Sun Smart**

Sun damage can account for 85% of premature ageing, by wearing a 15+ SPF sunscreen all year round you can help delay, or avoid sun damage. Additionally sunglasses can help block the UV light while your out doors. This helps protect the soft sensitive skin around the eyes – and prevent (or slow) crow's feet. Sunglasses help prevent squinting – which contributes to eye wrinkles.

## **Stop Smoking**

Apart from all the other health benefits of quitting smoking – you can also protect your skin. Heavy smokers are almost five times more likely to show excessive skin wrinkling than nonsmokers, it's thought that smoking increases wrinkling by damaging collagen, and smoke robs your body of oxygen, which is needed for cell repair..Pursing the lips to puff on a cigarette can contribute to vertical lines around the mouth.

## **Moisturise**

Using an SPF moisturiser can temporarily improve the appearance of wrinkles by plumping up your skin, but it won't have a long-lasting effect. Moisturisers work by locking in moisture on the surface of the skin. So always make sure you're well hydrated too – that means 6-8 glasses of

## **Stop Frowning**

Lastly - stop frowning! Frowning makes the facial muscles work much harder than smiling does, and overuse of these muscles can lead to wrinkle development and deep, static lines.