



A detailed microscopic image of skin tissue, showing the layers of the epidermis and dermis. The epidermis is the outermost layer, and the dermis is the layer below it. The image shows the intricate structure of the skin, including the stratum corneum and the underlying connective tissue.

Flawless SKIN

Look luminous with nature's secrets to a smooth, clear complexion, writes **Caroline Robertson.**

We all want our largest and most obvious organ, our skin, to shine like a beacon of beauty. As our interface with others, attractive skin gives us confidence in a world that often judges a book by its cover. Skin is a wonderful waterproof, protective layer, keeping tissues in and invaders out. It's never stagnant hence always has scope for improvement. Forever fresh, skin sheds around a million cells every day and creates a new layer every month. Dead cells sit on the top, *stratum corneum*, of our epidermis and eventually flake off. Clearing this layer away while hydrating, brightening and protecting it is the balm to beautiful, smooth skin. A gorgeous glow is the result of healthy food, fluids, exercise, a good attitude and skin regimes. So if you're skin smart, you can look attractive at any age, even without makeup or Photoshop.

Acne away

Red, pussy pimples can cripple one's confidence. Though eruptions may emerge at any age, cystic acne is more common in adolescence, and acne rosacea after 30. Acne arises due to faulty circulation, hormones and elimination. Toxins accumulate in the body when the liver or lymphatics fail to purify the blood. This then overflows through the skin's pores. Stress, chemicals, smoking, alcohol, food allergies, heat, pollution and hormonal imbalances can aggravate acne.

Cystic acne sufferers may notice that the following foods exacerbate the condition – dairy, sugar, oil, meat, preservatives and additives. Acne rosacea is provoked by heating, acidic foods such as citrus fruits, tomatoes,

pungent spices, alcohol, radishes and vinegar. A salicylate allergy can cause pimples around the mouth, cheeks and eyes. High salicylates are present in many things, including aspirin, berries, peppermint, cucumber, tomatoes, potatoes and carbonated drinks.

To promote thin sebum and rapid skin repair, take a supplement or foods rich in nutrients A, C, E, zinc, calcium, B complex and essential fatty acids. Lymph and liver-cleansing foods will also reduce flare-ups, including turmeric, fenugreek, lettuce and celery. Washing the insides with plentiful warm herbal tea, such as sage, chamomile, calendula or burdock, assists the purification process. Evening primrose oils and aloe vera juice are excellent for hormonal acne.

External agents should be free from harsh chemicals or preservatives, such as alcohol, to avoid further aggravation. A gentle, 'less is more' skincare regime is best. Experiment with homemade products such as a cleanser of 30 ml glycerol, 30 ml aloe vera gel and 10 drops tea tree and sandalwood oil.

Use a scrub of almond meal and water, a facemask of chickpea flour (12 parts), sandalwood powder (two parts) and turmeric powder (one part). Finish off with pure rosewater toner and aloe vera or hyaluronic acid moisturiser. Apply green clay to spots to clear them quickly.

Exercise accelerates the cleansing process by balancing circulation and elimination. Swimming in fresh or salt water, yoga such as *surya namaskar* (salute to the sun), rapid walking and cardiovascular exercise restores the skin's glow. Covering affected areas with an oil-free mineral foundation will reduce self-consciousness. Appreciate your inner beauty through meditation, visualisations and affirmations.

“ To promote thin sebum and rapid skin repair, take a supplement or foods rich in nutrients A, C, E, zinc, calcium, B complex and essential fatty acids. ”

“ Laugh lines are trails of happy times; inverted commas of joy. ”



Freckle fader

Some see them as cute angel kisses, others as a curse. Freckly skin is due to the pigment protein melanin that protects our skin. They increase with UV exposure. Pigmentation called *melasma*, due to pregnancy or the Pill, and keratosis sun spots can both be treated in the same way as freckles. The best natural melanin inhibitors are sun avoidance, m-tranexamic acid, mandelic acid, arbutin, l-ascorbic acid and niacinamide. These are in the excellent UNT skincare range (shopunt.com). Avoid hydroquinone and kojic acids as they are suspected carcinogens. Rosehip oil is rich in vitamin A, lycopene and vitamin C, which effectively diminishes discolouration and reverses sun damage. Make up your own mask, toner and moisturiser with the following whitening whizzes.

Exfoliant – pure papaya fruit is a wonderful whitener with an exfoliating enzyme papain that prepares the skin for further treatments. Juice or mush and apply to clean, dry skin for 10 to 30 minutes.

Brightening Toner – mix equal parts of gooseberry juice, liquorice tea and lime

juice and apply to pigment by spritzing or with cotton wipes. Leave on or wash off after at least 10 minutes.

Lightening Mask – Powder three B3 (niacinamide) tablets and mix with equal parts warm water. For sensitive skin, mix with half a cup pure yoghurt and apply

daily to areas of concern for 10 minutes. Be aware this can cause temporary flushing, which soon subsides.

Magic moisturiser – Mix six grams arbutin (skinactives.com) in 120 ml rosehip oil, shake before use and apply sparingly morning and night.

SKIN SINS

Love the skin you're in by avoiding these harmful habits.

- Smoking. This causes premature wrinkling via free radical damage, collagen breakdown and a sallow hue from poor oxygenation and nicotine. University of Michigan researchers found a direct correlation between smoking and skin damage.
- Stripping skin with harsh cleansers. Prefer natural pH-balanced cleaners as mentioned in this article.
- Not removing make-up. This clogs pores, promoting pimples and blackheads.
- Neglecting UVA and UVB sun protection, a hat and 100 per cent UV protection glasses. At 65 years, Stevie Nicks looks radiantly youthful, all due to avoiding the sun, as she revealed on *Oprah*.
- Eating excess sugar destroys skin through a process called glycation. To reduce this effect, take alpha lipoic acid and increase antioxidant intake from food.
- Sleep deprivation. A 2013 study, commissioned by Estée Lauder, showed "Sleep deprived women show signs of premature skin ageing and a decrease in their skin's ability to recover after sun exposure," according to Dr Baron, director of the Skin Study Center at UH Case Medical Center. So snuggle up for some beauty sleep.
- Touching, picking, squeezing your face builds bacteria that breeds spots. Step away from the mirror, restrain yourself and put your hands to better use. ► p.28

ROSEHIP OIL You Can Really *believe in*

"My skin looks brighter and more radiant after making the change to [A'kin] Rosehip Oil"

Jen Schipper



Visit believeinakin.com to watch videos about other [A'kin] Pure Radiance Rosehip Oil users' experience, read in-depth information about [A'kin] Rosehip Oil and all its benefits, and share the [A'kin] Power of Purity with a friend.

Visit believeinakin.com to find out more and share the purity.

[A'kin] Pure Radiance Rosehip Oil is extracted using an advanced supercritical process to protect the sensitive ingredients and harness the power of rosehip oil. With powerful omega oils and Provitamin A antioxidant for radiant, hydrated, healthy looking skin.

Available at:



Also available at Healthfood Stores and selected pharmacies nationally.



[A'kin]
by purist

www.purist.com

Line Eraser

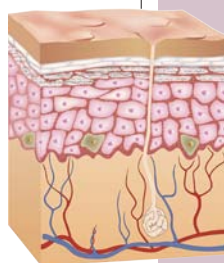
Laugh lines are trails of happy times, inverted commas of joy. But we don't need deep reminders or to reinforce frowning, scowling moments. Being sun smart, sporting sunglasses, drinking pure water and being aware of extreme facial expressions helps smooth lines. Taking collagen, vitamin A, C, E, silica and zinc promotes skin

“ Acne rosacea is provoked by heating, acidic foods such as citrus fruits, tomatoes, pungent spices, alcohol, radish and vinegar. ”

regeneration. But to steamroll wrinkles away, I recommend a hyaluronic acid gel followed by tapping hard on wrinkled areas and using a home dermaroller. This incites micro-traumas that promote collagen and elastin synthesis. Supplement salon sessions

of intense pulsed light therapy, laser or microdermabrasion with your own self-serve solutions. It's essential to remove the dead skin layer for products to absorb and reduce fine lines. This can be done with a magic peeling glove daily, or a personal microdermabrasion device weekly. An egg white face mask is miraculous for smoothing, whitening and tightening the skin. Just whisk one egg white and apply to your face for 10 minutes. Jojoba oil is very effective for fine lines as is vitamin E-rich wheatgerm oil.

Ageing is unavoidable, but suffering is optional. Embrace your wise façade. As Brigitte Bardot said, "It's sad to grow old but nice to ripen." Think your skin perfect by repeating, "I have lovely, luminous, youthful skin." When you're content on the inside, it shows on the outside. So smile to yourself, your life and your surroundings. Be grateful for your blessings and they'll grow. There is nothing more attractive than a woman who exudes joy. As Marguerite Gardiner said, "There is no cosmetic for beauty like happiness." **NH**



SEVEN SKIN SUPERFOODS

Feed your skin these beauty boosters to glow from within.

1 Pomegranate – stimulates collagen with vitamin E, flavonoids and phytochemicals.

2 Gooseberries – try these for the ultimate vitamin C collagen builder.

3 Chlorophyll – cleanses the blood for a clear complexion.

4 Aloe vera – a wonderful skin, liver and hormone tonic to prevent breakouts.

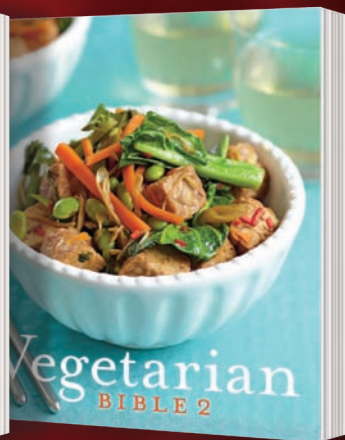
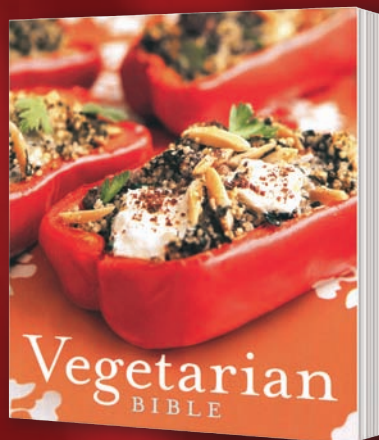
5 Turmeric – contains tetrahydrocurcuminoids, which promote collagen, an antioxidant, whitens skin and protects against UVB rays.

6 Carrots – bursting with beta-carotene, these accelerate skin healing. Try juicing with turmeric roots and chlorophyll for sensational skin.

7 Salmon – a rich source of omega 3 fatty acids to plump and moisturise skin.

Sure-to-Please. Vegetarian Delights

Discover vegetarian food that is inspiring, inventive and satisfying. Whether you are a full-time vegetarian or vegan, or someone who just enjoys eating the occasional meal without meat, this compact recipe books are full of easy-to-make delicious meals.



Call (03) 9574 8460 or visit our online store at womenshealthandfitness.com.au to order your copy

