

Seven tips for healthy and beautiful skin

The nutrition, hydration and daily routine that you provide to your body are essential to preserve healthy skin

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To have beautiful and rejuvenated skin it is important to maintain a daily routine, but it is also **vital to follow a healthy lifestyle** that includes a well-balanced diet and a lot of water consumption.

Although it seems complicated, it can be achieved with a **little discipline and consistency**.

1. To keep the skin on your entire body healthy **eliminate from your diet foods with a high glycemic index**, Brazilian dermatologist Gabriela Casabona recommended. Among these are those containing corn syrup, maltose, glucose, modified starches, white flour breads and fruits, such as melon, banana, papaya, mango and kiwi, among others.

"This type of food accelerates the collagen breakdown. They are those foods that, **when ingested, increase the body's insulin**, creating inflammation which in turn activates free radicals that break collagen faster. Also, these types of diets that keep insulin high worsen acne", she said.

2. Use **exfoliators that moisturize both for the face and body**. This should be done weekly or every two weeks, depending on the skin's reaction, Casabona suggested.

3. Do not forget to **protect your skin from the sun**. However, this does not only include the face, but also the neck and all those parts of the body that are exposed. Ideally, the filter you use should have a solar protection factor greater than 30, and if you are outdoors you should not spend more than two hours without reapplying. "The adequate amount for the face is the equivalent of a teaspoon," suggested Casabona.

4. Incorporate into your busy schedule an **exercise routine to avoid acidity and cellulite**. A recent study

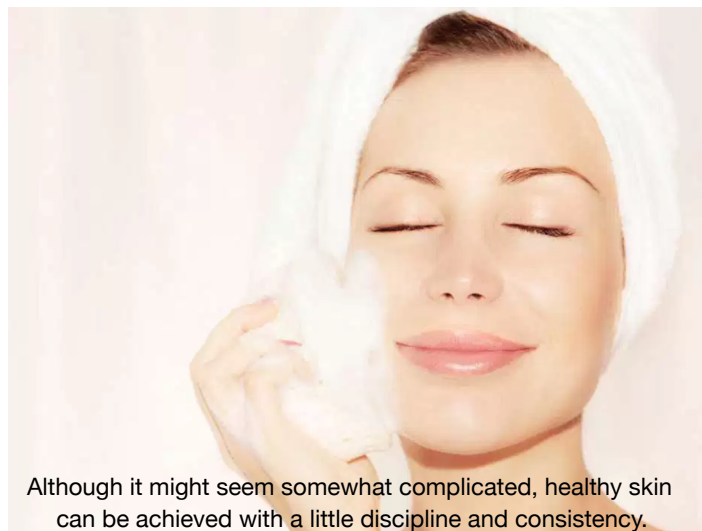


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revealed that starting at the age of 20, the body begins to lose 1% of muscle mass each year.

"Studies show that if I keep eating the same thing every year, my metabolism will slow down because the muscle is what stimulates the metabolism. However, if 1% of muscle is lost annually over 10 years, I will have 10% less muscle and more fat because I continued to eat in the same manner. The body's characteristic changes and that's where the acidity starts, because we have a layer of fat between the skin and the muscle which is bigger," explained Casabona.

5. **Hydrate**. "Water consumption is very important to maintain the skin's quality," said **José Raúl Montes**, oculoplastic surgeon and medical director of José Raúl Montes Eyes & Facial Rejuvenation. The minimum recommendation is to drinking eight eight-ounce glasses of water daily.

6. Be consistent with your **health and beauty routine**. It is recommended that, in addition to cleaning, to use a moisturizer, some antioxidant or a retinoid. The latter is a vitamin A derivative that stimulates cell regeneration, achieving a healthier and younger skin. "The facial skin is tolerant because it is oilier or sebaceous than that of the other parts of the body," said dermatologist Luis Ortiz Espinosa.

7. Make sure that **facial and body moisturizers contain ingredients such as vitamins A, C and E**, as well as oils derived from nature, such as coconut and avocado. "Moisturizing creams with glycerins are effective because they have been found to increase the moisture's deepness. These are also added antioxidants, exfoliating acids, salicylic acids or retinoids", said Ortiz Espinosa.