



Top Ten Beauty Tips

There are many ways to maximize health and beauty with a minimal amount of work.

- 1 Buy a pedometer.** Studies demonstrated by walking 10,000 steps per day your health and fitness will improve. This will give you motivation to park further away from a store or take the stairs instead of an elevator. You'll know where you stand and can make incremental changes to reach the goal of 10,000 steps per day.
- 2 Wear sunscreen.** A new product approved by the FDA provides the broadest span UVA (cause of premature aging and skin cancer) and UVB (cause of burn) sun protection. Currently it is sold exclusively by La Roche Posay under the name Anthelios Cream (SPF from 20-50+). Additionally, the sunblock titanium is included in this product.
- 3 Protect your hair from salt, chlorine, and the sun** by spraying your hair with a mixture of water and conditioner before getting into the water or heading out into the sun.
- 4 Keep fresh fruits and vegetables at your fingertips in the kitchen.** This allows for quick snacks on healthy foods instead of reaching for a bag of chips or a few cookies.
- 5 Get rid of unwanted hair.** This can include the bikini area, the back, ears, underarms, and legs. This can be accomplished with advanced laser and light therapy. A series of treatments are generally required. And, while you are there you can ask about other laser skin applications to get rid of unwanted sun spots and spider veins!
- 6 Have your brows and lashes dyed.** This is done on a monthly basis and will keep you from using your brow pencil or mascara. Be active without worrying about a black streak under your eyes, leaving you looking like a football player instead of a goddess!
- 7 Get a pedicure.** Summer time just begs for an attractive pair of feet!
- 8 Plan your weekday meals on a Sunday.** Leave the rest of the week to enjoy eating those meals, leaving you with consuming 1/3 less calories than if you picked up a quick meal while you are out.
- 9 When spending time outside, remember these sun safety tips.** Stay in the shade from 10am-2pm. Cover up when in the sun. Wear a wide brimmed hat and be sure to be liberal and frequent with sunscreen. Use moisturizers with Vitamin C in them if in the sun, as it will protect your skin from the sun's aging effects.
- 10 Take 10 minutes a day and spend in quiet time.** Turn off the radio, TV, and telephone. Try to quiet your mind and you'll be surprised at the deep relaxation this small time of inactivity will bring!

Written by Carol Clinton, MD
www.timelesskolutions.com