Want beautiful skin? Get moving! Exercise coupled with at least eight glasses of water is one of the best ways to improve your complexion. Try walking, swimming or biking to get your blood flowing to speed-up the rate of skin cell-turnover leaving you with newer, From the on-set of pubescent acne to the wisdom lines of middle age, all women can have radiant skin. Here are few tips to maintain a healthy glow through the decades:

3 of a Kind

Look for a 3-step cleansing system to clean, tone (exfoliate) and moisturize your face according to your skin type. Most major cosmetics lines carry a 3 or 4 step cleansing system.

Rays today, Lines tomorrow

Always use sunscreen. Protect your skin against harmful UVB/UVA rays to ward off signs of premature aging. Choose a daily moisturizer with a SPF of at least 15.

You are what you Eat

Stay away from fried food and any food that could potentially cause a breakout. Instead choose a healthy snack like strawberries, blackberries or plums that are rich in anti-oxidants that may soothe irritated skin. Add walnuts and salmon to your diet, both contain Omega-3 fatty acids, which help maintain your skin’s natural oils for a more youthful appearance.

Get to Steppin’

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TEENS

Raging hormones are usually to blame for acne in teens. Between the ages of 13-17, oil glands may be producing too much oil causing pimples to appear. Teens with acne should be

sure to cleanse with a mild cleanser twice a day. The cleanser should contain acne-fighting meds like salicylic acid or benzoyl peroxide. Be sure all products are oil-free and “non-comedogenic” (does not clog pores). If breakouts persist, consult a dermatologist.

20’s

It is always tempting to go to sleep in makeup after a long night but suppress the urge. Keep non-scented baby wipes or makeup remover wipes on your nightstand. At least you will remove the surface makeup, dirt and oil that will surely turn into a pimple the next morning. The fast life of your twenties will definitely show on your face in your thirties if precautions are not taken.

30’s

Now is the time to preserve the skin that will carry you through middle age. In addition to using a 3 or 4-step system, thirty-somethings should add an eye cream in the day as well as before bed. Adding moisture to the eye area will decrease the chances of “crows feet” lines around the eyes. A separate moisturizer for the eyes is important because the skin in the eye area is much thinner. Facial creams can sometimes be too harsh.

40’s

By the time you reach your forties, your skin has undoubtedly gone through several phases. You may notice that your skin has become increasingly drier over the years. Now is the time to add a night cream with a thicker consistency to replenish the natural oils that have been lost. This may also be a time to consider cosmetic fillers like Botox or Restylane to reduce the appearance of fine lines and wrinkles.

50’s and Beyond

Now that you have mastered the skin care regimens of previous decades, you may opt to lighten areas of hyperpigmentation or age-spots by using a skin brightening system. Acne may also once again become and issue due to the fluctuation of hormones in menopause. Be sure to see a dermatologist if acne persists.

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