

Your Skin! & you

Follow the advise of these expert dermatologists to help your skin be the healthiest it can

Apply Sunscreen Every Day

Wearing UV protection daily is the easiest way to shield your skin from damage — but it's also the habit you're most likely to forget. If you remember to apply a sunscreen with an SPF of 30 or higher every day (and reapply it every two hours), you can help ward off wrinkles and reduce your risk of skin cancer.

Sunscreen helps block the sun's UVA and UVB rays, which burn the skin and cause inflammation, and, over time, damage DNA, which can lead to skin cancer. "Ninety percent of skin cancers, and the effects of aging, come from the sun," says Mona Gohara, MD, an assistant clinical professor of dermatology at Yale University. Even if the forecast calls for clouds and rain, you can be exposed to UV rays, so apply sunscreen over any exposed areas of your body.

Manage Your Stress

When you're stressed, the body releases the hormone cortisol to help it cope. Too much cortisol can negatively affect the skin. "Stress is an ager," says Jeannette Graf, MD, an assistant clinical professor of dermatology at Mount Sinai Medical Center, in New York City. "Not only is it linked to every disease, but stress causes inflammation of the skin and is directly linked to acne and rosacea."

To limit the impact of stress on your skin and your overall health, practice deep breathing, take a yoga class, or schedule a lunch date with a friend, all of which have been shown to reduce stress levels.

Hit the Sack

While a cranky mood may be a telltale sign that you're not getting enough sleep, not logging enough snooze time can also take its toll on your skin. "Because sleep is when your body repairs itself and regenerates, it's crucial to get enough of it," says Doris Day, MD, a clinical associate professor of dermatology at New York University Medical Center. "If you skimp on sleep, you promote the aging process and slow healing — wounds, bruises, and sores all take longer to heal."

Lack of sleep also affects skin conditions because it increases stress, which boosts the release of cortisol. "High cortisol levels can stimulate oil glands, which in turn can cause blocked pores and acne outbreaks," explains Joshua Zeichner, MD, the director of cosmetic and clinical research at the department of dermatology at Mount Sinai Medical Center.

Aim to get at least seven hours of sleep a day, and take short naps when possible.(sleepin girl)

Make Time to Sweat

Exercising helps you shed pounds and decrease your risk for disease; moreover, physical activity is good for your skin. "Physical activity for 30 minutes a day on most days can help reduce stress and regulate cortisol levels in the body," says Dr. Gohara. "It also increases endorphins and blood flow, which gives the skin a healthy glow."

Just remember to apply a sweat-resistant sunscreen to protect against damaging UV rays if you take your workout outdoors.(girl exercise)

Kick Butt

Cigarettes contain nicotine, which restricts the blood vessels in the outermost layer of the skin and decreases blood flow. "The decrease in blood flow results in less oxygen and fewer nutrients being delivered to the skin, which means the skin fibers weaken," says Dr. Zeichner.

In addition, smoking negatively affects collagen, the structural protein that keeps skin firm, by causing its breakdown and decreasing its production. And that's not all: Studies have shown that smoking raises the risk of at least one type of skin cancer and worsens existing skin conditions, such as psoriasis.

However, if you stop smoking before you see any real damage, in the form of deep lines and wrinkles, your skin may be able to bounce back.(broken cigarette)

Eat Your Skin Care

Adopt the Mediterranean diet — which calls for fish, olive oil, nuts, and a colorful array of fruits and vegetables — and your skin will thank you. “The diet is rich in omega-3 fatty acids, which help reduce inflammation in the body and promote the formation and maintenance of the skin barrier,” says Dr. Graf. Foods rich in these healthy polyunsaturated fats may also help reduce incidences of acne and psoriasis.

Rich in antioxidant-packed tomatoes, leafy green vegetables, and other plant-based foods, the diet helps fight the damage caused by free radicals, and helps prevent wrinkles. The skin may also get a boost because the diet limits foods with a high glycemic load, such as white bread and sugary products, which have been linked to acne and aging.(girl eatin fruit)

Moisturize Your Skin

Just as applying sunscreen every day is crucial to your skin’s health, so is the daily use of moisturizers. “Moisturizing helps maintain the skin’s health by balancing its level of moisture and supporting its barrier function,” says Dr. Day.

If your skin is especially dry, you may benefit from the use of a moisturizing body wash, containing the above ingredients, before you apply moisturizer — you’ll reinforce the amount of lipids. “It helps to use a nylon puff because you’ll use less product and you’ll get better coverage over your skin,” suggests Day.(girl applying cream)

Don’t Pick at Your Skin

It’s all too tempting to pop a zit or pick at a scab, but it’s best to leave this sort of stuff to the professionals. “This is a big no-no, and I tell this to all my patients,” says Day. “Picking can lead to infection, and you can traumatize the skin and cause scarring.”

Dermatologists also advise against chronic rubbing and scratching because they can lead to inflammation. “Non-healing wounds and inflammation have been associated with a higher risk of skin cancer in that area,” says Zeichner. “Also, inflammation can lead to dilated blood vessels and redness, as well as premature wrinkling from rubbing.”

If you’re concerned that a wound, a deep pimple, or any other skin condition is not going away or is not healing properly, see your dermatologist.(girl seeing her in mirror)

Learn about the Latest Trends in Beauty

When it comes to taking care of the delicate skin around the eyes, it’s not enough to use the right products—you’ve got to apply them the right way, too. “Apply eye creams very gently with a tapping motion from the center of the eye toward the outside corner, then repeat the motion several times to evenly cover,” says Bella Schneider, esthetician, product developer and founder of California’s LaBelle Day Spas & Salons. Use the same movements for the upper eye lids, but here, “you don’t need to get creams too close to the fold of the lid, since body heat and blinking will help the product travel to that area.” If fluid retention has resulted in some under-eye baggage, “gently press on the puffy area towards the outside corner, and use cold compress to stimulate and drain the lymph for improved flow.”

Cold weather, airplane travel, excessive indoor heating and not drinking enough water are all contributors to dehydrated skin. To help restore moisture, Bella Schneider, product developer and founder of California’s LaBelle Day Spas & Salons, sings the praises of hyaluronic acid. “Hyaluronic acid in a concentrated formula—like a gel or serum—is an excellent humectant for the face, drawing moisture to the skin.” Use it alone as a moisturizer, or “add it to your SPF and apply after cleansing.” When coupled with exfoliants, vitamin C or retinols, hyaluronic acid can also help off-set any dryness that might occur from the use of these intensive treatments.

“Hot weather doesn’t really effect on our dental health, but according to Dr. Ramin Tabib of NYC Smile Design, some common summertime behaviors can. Case in point: Swimming. “Chlorine, which is often used in swimming pools, can erode and weaken teeth,” the dentist explains. On the other hand, “ocean salt water decreases bacteria in the mouth, (leading to) a healthy oral environment”—so if you have the choice, go for the ocean. If summer plans include a lot of pool time, though, try getting a professional fluoride treatment or a bonding treatment with a chemical coating to help protect and strengthen enamel.

“Fruit is always a popular summer snack, so it is important to know which fruits are better for your teeth,” explains Dr. Ramin Tabib of NYC Smile Design. Because of its high water content, “watermelon helps clean teeth and gums, but citrus fruits like clementines and grapefruit can cause erosion.” If you love citrus fruits, the dentist recommends washing your mouth with water after you eat them to get rid of the harmful acids that can weaken enamel. Also remember to keep mouths hydrated in hot weather to avoid dry mouth, which can lead to decay. “Sucking on (sugar-free) hard candies or chewing sugar-free gum” can “help promote the production of saliva.”

"Your eyes may be the window to your soul, but your sparkling smile shows your healthy, vibrant self to the world," explains NYC-based cosmetic dentist, Dr. Jeff Golub-Evans. "Clean teeth and fresh breath can help you put your best face forward every day." To help make the most of your pearly whites, the doctor recommends a few simple tips, like choosing a toothpaste with the ADA seal, which guarantees that the formula will help fight tooth decay and gum disease. Floss daily—especially immediately after eating any sticky foods—and choose an antimicrobial mouth rinse that's alcohol-free, so as not to dry out the gums. If you're on the go without a breath mint or mouth wash, "swish water around your mouth for 30 seconds," which can help tackle bacteria and ward off stains until your next brushing.

Chic Hair Styles

You know the girl. She always looks so cool, with her thrown-together outfits of thrift store duds and designer jeans, leather jackets and layers of chains. She also always has the best hair. Sometimes bobbed and banged, other times shaggy or braided -- it always looks effortless, even if it took hours to accomplish. There's no need to be envious. Any girl can have the look of rock 'n roll perfection if she knows who to look to for inspiration.

Out With a Bang

Killer cuts like that of Karen O may have a modern sensibility, but they also have retro roots that harken back to classic mod styles of the 1960s. Pin straight with thick bangs, the 'do has sharp angles and smooth shape which gives the otherwise simple style a sexy edge. This style works best when the overall length hits somewhere between the chin the shoulders.

Get It Twisted

Braids are not just for little girls, hippies or Princess Leia. When they're unkempt and pinned up in unique configurations, braids can be as hip as you want them to be. Gwen Stefani has been known to braid up those famous blond locks, but to keep from looking too boho, she makes sure there are plenty of pieces falling down. By doing so, she looks as though she put very little effort into her hair.

Pomp and Circumstances

For Janelle Monae, her signature pompadour hairstyle is "a lifestyle thing" that just so happens to be having a fashion moment. Monae's own look, like her tuxedo-laden wardrobe, is reminiscent of soul singers of the 1950s and '60s like James Brown and Little Richard. Pulling off this 'do in everyday life takes a daring personality as well as some technical know-how. .

Shagadelic

For both boys and girls, the most ubiquitous rocker cut during the 1970s and early '80s was undoubtedly the shag. Layered and tousled with bangs so long you almost couldn't see, the shag was a welcome liberation from tediously shellacked styles that were prevalent at the time. Chrissy Hynde of the Pretenders has been wearing her hair shaggy since the band came to prominence in 1978. Today, the cut is usually executed with precision using razors and thinning shears.

Hair Care

Eat Healthy

According to the experts, a well-balanced diet can help keep hair healthy and beautiful. Recommended foods include salmon, which is rich in omega-3 fatty acids, iron and vitamin B-12 to strengthen locks and keep the scalp moisturized. Dark green veggies like spinach contain vitamins A and C to encourage sebum production (to act as a natural "conditioner"), while eggs and poultry provide much-needed protein, and cucumbers have hydrating water and growth-promoting silica. Most helpful are nuts: Walnuts, cashews, pecans and almonds are all good sources of zinc to help prevent hair loss, while selenium-rich Brazil nuts keep tresses thick and shiny.

Change of Weather? Change Your Haircare

"Just as you need to update your skincare regimen when the seasons change, you also have to update your hair products," explains Gavin Harwin, celebrity stylist and hair health expert for Infusium23. "Harsh temperature changes can leave hair looking dull, full of static or frizzy, so it's important to know how your hair reacts to the weather change and plan your products accordingly." If you have frizz, for example, "choose a product that smoothes and closes the cuticle to prevent unwanted moisture from the air from entering the cuticle." If your hair is prone to static, "keep it moisturized with a hydrating shampoo and conditioner." For more personalized results, says Harwin, "feel free to mix your products. If you want volume, combine a

volumizing spray from root to mid-length and then use a leave-in conditioning treatment from mid-length to the ends for combined volume and shine."

Finding your right brow shape and keeping up with proper maintenance can open, lift and brighten the face, providing the perfect frame for any color application. While it's best to get a professional shaping at least a few times a year (particularly if you've never done so before), NYC brow expert Ramy Gafni offers these tips for proper at-home plucking:

To find the right shape, "follow nature, and don't veer off too far from your natural shape. The brow should fully frame your eye; the outer end should fully extend past the outer eye, and the arch should peak directly under the highest point of your eyebrow." Also, be careful not to over-pluck: "Many people scoop out too much hair in the middle of the brow, creating the dreaded hook look," Gafni says. "When in doubt about whether or not to pluck a specific hair, leave it to be plucked another day. Pretend you have a 'halo' circling your entire eyebrow and remove only the hairs that are outside of that line. This way you will keep the brows clean looking, but won't compromise the shape." For more brow advice, visit www.ramybeautytherapy.com.

We asked celeb plucker Ramy Gafni for more tips for at-home brow maintenance. "Never pluck when in a hurry or when you can't focus, like in a car," he advises. To help make tweezing less painful, "keep your tweezers in the freezer—the cold will help numb your skin a bit as you tweeze—and avoid tweezing after the shower or just before or during your period, when skin is more sensitive." But above all, "do not over think about your face shape."

A person with a round face may have naturally thin, sparse brows, or thick, heavy brows—there is no correlation between face and eyebrow shape, so focus on your natural arch to garner the best results."

Falling Follicles

If you find yourself "shedding" a bit more as the weather cools down, you're not alone. According to hair and scalp health expert Philip Kingsley—whose clients have included everyone from Audrey Hepburn and Princess Diana to John Travolta—it's common to lose more hair at the end of summer.

"Summer heat speeds up our metabolism, including the metabolism of the hair follicles," he explains. As a result, "hair grows faster during summer, which means that more hairs will come to the end of their growth phase and then fall out" during that season. Since the average head of hair is replaced over a period of 4 to 5 years, you naturally shed on a daily basis—50-70 hairs is about average—but Kingsley says that most people do tend to lose more in autumn and less in winter. The amount you shed can also vary with your menstrual cycle, stress, nutrition, illness and hormonal changes.

If you're really concerned about the amount you're losing, talk to your doctor. But to just tackle normal loss and keep hair healthy, Kingsley recommends just massaging in a scalp mask for 1-2 minutes a day, and shampooing daily with the right type of product for your hair. For more on hair and scalp health, visit philipkingsley.com.

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Sole Searching

5 Lessons Learned from a Career in Heels

So ya'll know I'm now a prouder-than-proud graduate of Harvard's Owner/President Management Program. Yup--no more pencils, no more books...but lots and lots of exciting projects to take on! The genius of the program is that it taught me so much that I could apply right away to running my businesses. And believe me, I'm running towards some fierce new plans.

1. Know When To Say No

One of the biggest lessons I learned at Harvard was the importance of knowing my brand and when to say no to opportunities that don't exactly fit into my goals for the future of my company. For me, I realized that I couldn't spread my time and resources over a million little side projects that didn't have anything to do with my goal of expanding the definition of beauty for all women. Yup, I had to pass up some lucrative licensing deals, but, c'mon, how is a Tyra Banks electric toothbrush gonna help my cause? I had to remember what was truly important to me and just say no to anything that wasn't going to help me achieve my mission. You have to look big picture. Find what really means something to you, and put all your efforts towards achieving that goal. And if something doesn't feel right in your gut, whether it's hanging out with the wrong crowd, or going to that late night party when a big test is coming up, know when to take a step back and reevaluate.

2. Know When To Move On

Modeling kick started my career, and I wouldn't change anything. I'm forever grateful for every opportunity – from Victoria's Secret to Sports Illustrated to the runways. But I always knew I wanted to do more than strut the catwalk. When I announced that I was retiring from modeling (and hanging up those hard-earned Victoria's Secret wings), that meant it was time to do something new. I had to put my faith in my own ideas and push forward into my talk show and ANTM, even though they were bold - and sometimes scary – new adventures. And, guess what? I've never been happier. You'll never know if it's going to work until you try, fam. It may not always work but you'll never know until you try.

3. Always Look Fierce

It's true--a power wardrobe will make you feel powerful. Find your own business-lady look, whether it be a killer fitted LBD or a pencil skirt paired with a button-down. I love putting my own spin on corporate suits with menswear-inspired jumpsuits or pinstriped pants worn with a tie or suspenders. Add some serious heels and you'll have a feminine but powerful look that means business. Just be appropriate. If I showed up in sequins, out-to-there lashes and really-out-to-there cleavage, it might be a hot look, but I won't get taken seriously in the boardroom.

4. Every New Project is a Start-Up, No Matter Your Past Successes

When I started shooting the Fa-Fa-Fa Fashion videos with Andre Leon Talley, I went back to square one with my budget. I was pulling favors from my team, cutting back on all the unnecessary extras, and, in general, doing things quick, cheap and dirty. It was a true flashback to the early days of ANTM and my talk show. When you start a new venture, you'll take a risk, but thinking creatively keeps your spending limited and projects innovative. Just look at Walt Disney – what began with one simple mouse is now an empire!

5. Cuh-razy Ain't Always Cuh-razy

I may put on a pink unitard and a big red wig and run through the New York City subways with my beautiful army of Modeland-ers, but that doesn't mean I don't have a plan in mind. It may look cuh-razy, but it's actually some guerrilla marketing and it's effective. Think outside the box, cause in today's world with so many ads, television shows, and campaigns, you gotta be interesting to make your mark.

Your turn--what's your business idea that you'll plan some cuh-razy stunts to show off? And what makes up your can't-miss business-lady outfit?

The Biggest Fashion Shopping Mistakes

Don't talk yourself into an outfit that isn't flattering to your frame. There are only two kinds of clothes in this world. Clothes that flatter you and clothes that don't and avoid the latter regardless of how popular and trendy they are.

It is one thing to go shopping with your girlfriends because that can be very social and enjoyable but keep in mind don't shop with a competitive friend because she will cajole you into buying more and possibly unflattering items weather or not you need it.

If you are shopping for a cocktail (event) dress remember to bring your shoes. That way if you need to have in-store alterations you will be all set

If you need to power shop remember to bring a list. This can help focus your attention and keep you on task.

Nothing good will come from buying uncomfortable shoes regardless of how fabulous they are.

Don't buy something you don't need because it is a fantastic sale price. I know we have all done this but it is a waste of money and closet space. Don't buy on impulse. Ask yourself the following questions when deciding if to buy. Do I need this? Does it fit

with my lifestyle or wardrobe? Where am I going to wear this? If you are still undecided then put it on hold and if you are still thinking about it at the end of the day -buy it.

Fashion Shopping Tips for you

Spend money on great shoes because they can make or break an outfit. You can even wear them with jeans and look fabulous!

Buy items that fit your lifestyle. If you know you are going to live in your jeans then it is ok to spend \$150 a pair especially if you had to try on dozens to find the right fit. Buy clothes to suit your lifestyle.

Spend money on staples on shoes, bags, a cashmere sweater, a black pair of pants and skimp on belts, socks, trendy tops, scarves, hats and sunglasses.

Before you shop know what you own. Make a point to go through your closet at the beginning of every season.

Invest in undergarments because the right foundation garments can make everything you own look better.

All About Face Shape & Hair

Do you know your face shape?

Knowing your face shape can help you make better haircut and eyebrow tailoring choices.

Characteristics of an Oval face shape.

- ✓ forehead is wider than the chin
- ✓ prominent cheekbones
- ✓ face gracefully tapers to a narrow oval chin

What kind of haircut should an Oval faced person consider?

Oval faces are in perfect proportion so this face shape is easy to work with in terms of hairstyle. There is a lot of flexibility

Celebrities with Oval shaped faces Grace Kelly, Elizabeth Taylor, Ashley Judd.

Characteristics of a heart shaped face.

- ✓ Similar to the oval, but the face narrows below the cheekbones, reaching a defined pointy chin.

What hairstyles are best for a heart shaped face?

Styles that are fuller around the ends will widen the appearance of the chin and jawbone, thus making the face appear better proportioned and basically oval.

Celebrities with heart shaped faces and their haircuts

Julia Roberts - Julia realizes that a short cut will not flatter a strong jawline and a prominent chin. She avoids fringes, prefers off-centre partings and uses her hair to slim the widest parts of her face. Her hair looks best when it's long and loose - whether straight or surfer-babe wavy. Subtly graduated long layers at the front create movement and again deflect attention from her chin.

Characteristic of a Round face shape

What kind of hairstyles for a round face?

Your face is full-cheeked and circular. Keep hair sleek at the sides and you can lengthen the face by choosing a hairdo with plenty of volume on top. Avoid round or geometric styles because they'll only accentuate the roundness. Also avoid hard lines and wide block fringes that sit above the eyebrows. To object is to achieve a hairstyle that can help lengthen the face. Feathered or layered hair falling on to the face will help create sleeker proportions. Keep curly hair all one length and ideally long, to avoid bulk. Full curls accentuate roundness, but scraped-back styles, high pony tails and updos with loose tendrils around the hairline are very flattering.

Celebrities that have round shaped faces?

Vanessa Williams, Uma Thurman, Marilyn Monroe, Cameron Diaz

Characteristics of a Square Face

Square forehead, cheekbones and jawline all about the same width

squared jawline is the most obvious feature

Hairstyle ideas for a square face?

A broad forehead and a strong square jawline dominate your face. Slim those broad cheekbones with chin-length layers and, if you want a fringe, opt for a long wispy one. A graduated or classic bob makes an ideal shorter style because it hugs the face. Curls falling onto the cheeks will slim down the widest points of the face and help rebalance it.

Celebrities with a Square face

Paulina Porizkova, Demi Moore, Brooke Shields, Minnie Driver

Characteristics of a Long Face

Long forehead, cheekbones and jawline are all about the same width can tend to have a prominent chin has an elongated appearance

Hairstyle ideas for people with long faces?

Stay away from very short hair. Soft layers around the face are always good.

Celebrities with long faces?

Jennifer Love Hewitt, Claudia Schiffer

Diamond/Angular Shaped Face

Characteristics of a Diamond/Angular Shaped Face

not as common as the other face shapes

typically the face is highly angular the forehead is somewhat short the face is widest at the temples.

What hairstyles are best with Angular/diamond shape?

A fusion of square and heart proportions. Chin-length bobs and feathered shoulder-length styles will emphasise those dramatic angular features, while still rounding out the chin. Heavy fringes are a good look, as are flicks or a mane of dishevelled curls. Very Sassy.

Celebrity with angular/diamond shaped faces.

Reese Witherspoon and Katherine Hepburn

Looks That Makes You Attractive

ONE

Look at yourself with a discerning and critical eye. If something needs to be changed, change it.

TWO

Make your hair your crowning glory. Keep it clean, shiny, healthy and frizz free. Get a flattering cut and color. Gorgeous hair says "come hither."

THREE

The eyes have it. Make sure your brows are neatly and professionally shaped. If you wear eyeglasses, they should fit well and flatter your face. Get rid of dark circles and bags underneath your eyes.

FOUR

Choose makeup that enhances your features. Apply it properly and sparingly.

FIVE

Stand up straight. Good posture makes you look healthy, confident and slimmer.

SIX

Wear quality clothing that makes you look good. Make sure your clothes fit properly. Choose outfits that reflect your taste, style, creativity and confidence.

SEVEN

Walk with confidence and panache. Hold your head high and look others straight in the eye when you meet them. Have a ready smile, a warm persona and a firm handshake.

5 Tips for Natural Skin Care

Tip 1: Give Yourself a Dry Brush Exfoliation

A dry brush exfoliation can be done in the morning before you shower. It eliminates dead skin cells and allows the skin to detox (skin is the largest organ of elimination). Dry brush exfoliation also improves lymph and blood circulation and decreases puffiness. An added benefit is that the gentle pressure is calming to the nervous system. To give yourself a dry brush exfoliation, you'll need a soft, natural bristle brush.

How to Give Yourself a Dry Brush Exfoliation

Tip 2: Rev Up Your Digestion

In alternative medicine, good skin is a reflection of a good digestive system. People with skin disorders such as acne, rosacea, and psoriasis often suffer from constipation, imbalanced "good" vs. "bad" bacteria, leaky gut, and other digestive conditions. The two most common sluggish digestion culprits are:

Culprit #1: Not Enough Water Water bathes cells and eliminates waste products, preventing constipation. 5 Ways to Boost Your Water Intake

Culprit #2: Not Enough Fiber Most people lack fiber in their diets - the average person eats only 12 g of fiber a day. In 2002, the National Academy of Sciences Food and Nutrition Board established recommended fiber intakes. For men aged 19-50 years, 38 g fiber is recommended, and for men over 50, 31 g fiber is recommended. For women aged 19 to 50 years, 25 g fiber is recommended, and for women over 50, 21 g fiber is recommended.

Some suggestions:

Add Whole Grains - Choose whole grain products over refined. Have brown rice instead of white or make your own 50:50 combination.

An Apple a Day - Have an apple, skin on, as a snack.

Eat Cauliflower

High-fiber snacks - Snack on nuts, seeds, and dried fruit, such as dates, figs, and prunes.

Eat Beans and Legumes - Open a can of your favorite beans or legumes. Rinse them well and add them to your meal.

Ground Flaxseeds - For any easy fiber boost, sprinkle ground flaxseeds (available at health food stores) on rice, salads, oatmeal, or any other meal. Store flaxseeds in the fridge.

Tip 3: Invigorate Sluggish Circulation

Do you sit at your desk for hours, only getting up to go to the bathroom? One of the best things you can do for your skin, stress level, and overall health is to get moving! Inactivity may affect skin and promote bloating and puffiness, acne, cellulite, and loss of muscle tone. You'll learn more about exercise in Step 9 of the Wellness Makeover. Here are some quick suggestions:

Take a quick break to go outside and walk around the block.
Book a massage therapy appointment.
Close your door and stretch.
Go to the gym.
Start each morning by stretching.
Get a skipping rope.

Tip #4: Avoid Excess Sugar

Most people do not realize this but excess sugar is considered one of the main causes of premature aging. The more sugar we eat, the more sugar we have entering our bloodstream. Over time, this can result in a process known as glycation, which is when a glucose (sugar) molecule damages a protein molecule by sticking to it. The new molecules formed are called advanced glycation end-products, or AGEs. AGEs damage collagen in skin, cartilage, and ligaments and promote a loss of elasticity. Wrinkles form and skin begins to sag.

Try This - It may seem impossible to reduce your sugar intake, but it can be done! A gradual approach works best. In the next week, choose one thing you're going to do to decrease the amount of sugar you consume. For example, start by cutting the amount of sugar in your daily coffee or tea by half. Every week, find another way you can decrease your sugar intake. Pretty soon, you'll be surprised at how far you've come!

Tip #5: Eat Some Good Fats

Essential fatty acids are simply fats your body cannot live without. They are needed to make cell membranes, hormones, and other body chemicals. Essential fats are thought to keep your heart healthy, fight inflammation, and possibly prevent cancer. They are also particularly important to people with inflammatory conditions such as eczema and acne, and also for people with dry skin. People with essential fat deficiency sometimes notice bumps on the backs of their arms. Here are my suggestions on getting more essential fats:

Flaxseed and walnut oil - Use flaxseed oil or walnut oil with balsamic vinegar as a salad dressing. Be sure to keep these oils refrigerated. They should not be heated or used for cooking.

Cold water fish - Sardines are a good source of essential fats. Salmon is another good source, however these salmon accumulate toxic polychlorinated biphenyls (otherwise known as PCBs) in their body fat during the 95 percent of their lives they spend at sea.

Supplements - Consider fish oil supplements.

Girls Fashion Go High!

Girls usually tend to dress up like their mothers. They derive the fashion style statement from the one they idolize and admire. There are different fashion trends for girls in different seasons. Girls taking up the fashion statement from mothers directly imitate what the fashion could be like. Finding out what's hot in fashion for girls is a mandatory requirement. Thus, fashion tips for girls are equally important to dress up in a manner that is admired by all.

Important Fashion Tips for Girls

While holidaying out, keep in mind that glitter becomes much desired. It can be used while sporting rich satin colors and crisp taffetas. The hot colors for all season are – plum, red, navy and basic black (all hot colors).

Those who want to remain simple with their fashion statement, try out a black, navy or pewter colored skirt. Long skirts also look really elegant. Skirts always sport a feminine look. But if you think you are not comfortable with skirts, you can also choose a good pair of pants of your favorite color. Best if the pants have a slit at the bottom of the legs.

Note- Black color can go with any color of top, thus black is always a hot option.

While choosing tops, any kind of blouse or t-shirt, having a bit of glitter, some frills or a bit of trim – will look stunning.

Fashion Tips for Girls while on a holiday

Never take blue jeans along with you while holidaying out. Try out some other colors.

Do not wear a logo-emblemed T shirt.

Put on some glitter (on your hair, body etc.).

Holiday accessories brightens up the look – (for example, a satin, velvet purse)

Girls who have a petite appearance, a mini-dress is a must. Wear a short dress with some slid colors. Do not wear cropped pants. To add a flare to your looks, wear some dangling earrings as they make your neck look longer. You get a more graceful look.

Girls who have a full bust body, they can easily sport a v-necked t-shirt. Ruffled tops shouldn't be worn as they will make you look heavy. For girls with curvy hips, wear an a-line skirt that will highlight your waist properly. Do not wear short skirts and keep in mind that your pants do not pull across the hips. Those who are tall will have to wear rock colored jeans as that will highlight and draw attention to your long legs. Wear a long pair of heels while you wear rock colored jeans.