

Bargain Beauty

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Beauty Tips To Bank On

(NAPSA)—A million-dollar look doesn't have to cost a lot of cash. Experts say it can be easy to put your best face forward without spending a lot. They offer these tips for looking great:

- **Think Drink**—One of your best beauty aids comes from the kitchen sink: water. Properly hydrated skin contributes to a youthful look and resists wrinkles.

- **What's On Your Plate?** A little bargain shopping at the grocery store could be good for your looks. Try to find foods such as avocados and nuts that are inexpensive but rich in omega-3 fatty acids. Studies show that foods can help skin stay supple and soft.

- **Moisturize**—Moisturizing is one of the most important things you can do for your skin. For a dollar, you can find Nourishing Oatmeal, Cocoa Butter, Ultra Moisturizing or Soothing Aloe moisturizer from White Rain.

- **Hit The Showers**—For the same price as the moisturizer, the company offers Water Blossom, Lavender Vanilla and Ocean Mist shampoos, conditioners and body washes.

- **Walk It Off**—Walking just 10 extra minutes a day can help you lose weight and keep skin looking and feeling healthy. If you can't get out and walk, make small lifestyle changes, such as taking the stairs instead of the elevator.

- **Tea Time**—If you've got bags around your eyes, have a cup of tea—then put the slightly cooled tea bags on your eyes. The tea acts as an astringent. It can help tighten blood vessels and skin.

- **Sleep Tight**—Studies have linked sleeping to better health, such as at least eight hours daily. Also, try to go to bed the same time every evening and wake up the same time every morning.