

BEAUTY Q&A

Nourishing Your Skin Inside And Out

(NAPSA)—More women today striving for a “naturally fresh-faced” look are gravitating toward botanicals to help them achieve that goal. Take this quick quiz to see how much you know about naturally improving your skin with antioxidant-rich botanicals:

1. What do antioxidants do for the skin? They: a. clean the skin, b. hydrate skin, c. fight premature aging, d. brighten skin.

2. What do aloe, chamomile and wild mango butter have in common? They: a. help alleviate skin redness, b. balance the skin's pH, c. hydrate skin, d. clear acne.

3. Which of these natural ingredients best helps protect skin against deceptive winter sun rays and damage caused by UV rays? a. lycopene (found in tomatoes), b. pomegranate, c. grape seed extract, d. all of the above.

4. How can skin get the antioxidants it needs? a. through foods you eat, b. through topical skin care products, c. through foods and topical skin care products, d. through exercise.

Answers

1. c. Studies have shown that antioxidants fight premature aging caused by the sun and other harmful environmental factors by protecting the skin from UV radiation exposure.

2. a. Natural ingredients such as aloe, chamomile and wild mango butter help soothe skin and keep it moisturized.

3. d. Not only do lycopene, pomegranate and grape seed extract play a vital role in protecting skin from harmful UV rays, but vitamins, such as C and E, are also important to include in a skin care regimen throughout the season to keep skin healthy. It's also wise to use a daily facial moisturizer with



Back To Basics: For a beautiful look, many women say it pays to eat food high in antioxidants—and to use skin products that contain natural botanicals.

SPF 30 as recommended by the Skin Cancer Foundation, throughout the year, not just during the summer.

4. c. Antioxidants can be found in plants such as grapes, tomatoes and pomegranate, and in other fruits and vegetables. They can also be applied to the skin by using products such as VIVITÉ®. The unique formulation of the skin care line contains antioxidants, which help neutralize free radicals, as well as natural ingredients such as aloe and chamomile. VIVITÉ® skin care line also has *GLX Technology™*, a powerful exfoliant that helps infuse the skin with a glycolic compound and antioxidants. *GLX Technology™* is a formula matrix that helps infuse the anti-aging benefits of a glycolic compound bound with antioxidants deep into the skin.

The products are available through skin care physicians. Involving a dermatologist in the care of your skin can help keep it healthy and looking its best. To find a physician, visit www.ViviteSkinCare.com.