

Save Your Skin From Travel's Toll

(NAPSA)—Here's the skinny on looking healthy: While just staying home can be stressful enough on your skin, going places can be even worse. "Jet lag has an enormous effect on health," says Dr. Mark Rosekind, President and Chief Scientist of Alertness Solutions and expert on the science of sleep and circadian rhythms. Recent studies, however, hold hope for help.

New research on the science of jet lag and chronobiology reveals that sleep is regulated by the body's internal biological clock, known by scientists as the "circadian clock." The clock's rhythms determine when it's time to eat, sleep and get up in the morning, and affect moods, performance and alertness throughout the day.

For example, during a long-distance flight (five hours or more), the body's biological clock is desynchronized and jet lag occurs. Until the circadian clock is resynchronized to local time (which can take up to 10 days or longer), physical and mental well-being are compromised. The cumulative sleep debt can lead to mental impairment, mood disturbances and may affect aging and longevity.

The effects of this chronobiological stress show up first on the skin. It looks exhausted and feels tight and dehydrated after flying for hours and not getting enough sleep. For this reason, Dr. Olivier Courtin created the My Blend Anti-Jet Lag Relief Emergency Booster.

It contains two hyaluronic acids that protect the skin from dehydration, pollution and loss of firmness. Additionally, green cof-



With the right treatment, your skin can look young and healthy even when you've been traveling and feel far from it.

fee extract, fractional oat polysaccharides, and passionflower and cotton seed extracts help rid the skin of toxins while re-energizing, rehydrating, calming and restoring skin to its natural radiance.

Dr. Rosekind suggests some further ways to combat the effects of jet lag:

- Sleep in a comfortable room temperature (cooler is better than warmer).

- Darken your sleep area (either by using an eye mask or keeping the curtains closed).

- Learn any of a number of relaxation skills that, according to scientific evidence, can improve health and overall well-being, including meditation, yoga and progressive muscle relaxation (PMR).

- Try not to obsess about sleep. If you're still awake after about 30 minutes, get up and take a break from bed. Do some light reading, engage in quiet activity or try a relaxation technique.

Learn More

You can learn more about smart skin care online at www.myblendbeauty.com.