

Skin Sense

Saving Face: Wallet-Friendly Ways To Fight The Signs Of Aging

(NAPSA)—Turning back the clock may not be an option, but with a few key do-it-yourself tricks you can look like you have. The best part is that you don't need to spend a fortune—there are easy and inexpensive ways to keep skin looking radiant.

Dr. Charles Zugerman, associate professor of dermatology at Northwestern University Feinberg School of Medicine, provides insight into beauty secrets every woman should know to help you look your best and combat the effects of aging.

"There are easy ways to take care of your skin without breaking the bank," says Zugerman.

These simple tips from Zugerman will help you maintain a radiant glow:

- Loose lips aren't the only culprits that reveal age. Fine lines and wrinkles on lips can actually age your appearance. Dr. Zugerman suggests looking for a lip balm like Blistex Deep Renewal that contains Coenzyme Q-10 and hyaluronic spheres, key ingredients to hydrate and smooth fine lines and wrinkles for youthful-looking lips.

- Look no further than your pantry for your next skin care treatment. Whip up a face mask with oatmeal, which moisturizes and exfoliates the skin, using this recipe. Take $\frac{3}{4}$ cup of oatmeal oats and blend into a fine powder. Add warm skim milk to oats and stir until it forms a pasty consistency. Then apply to the face and leave on for 15-20 minutes. Rinse with warm water and, voila!—radiant skin in no time.

- Feel your best from the inside out by increasing physical activity to relieve stress and boost endorphins. The effects will not only be apparent in the appearance of newfound muscles, but



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also in an overall positive view on life.

- Drink plenty of water to keep skin hydrated. Although everyone is different, a good rule of thumb is to drink eight 8-oz. glasses of water a day.

- Sleep between seven and eight hours each night. Skin rejuvenates and repairs in your sleep, so it is imperative not to cut it short. Lack of sleep also leads to increased levels of stress.

- Wear sunscreen every day with at least SPF 15, even on your lips, no matter what season it is. The sun's ultraviolet rays not only cause discoloration of the skin, but break down the collagen in skin. Collagen keeps skin full and prevents sagging.

Incorporating a few of these skin care tips into your daily regimen will keep people guessing your age for years to come. And your wallet will thank you, too. For more lip care tips, visit www.Blistex.com.