

Health & Beauty

Simple Steps To Rejuvenating Healthy Skin

(NAPSA)—Wouldn't it be great if the world could see how youthful and vivacious you are on the inside? Many anti-aging measures involve invasive or expensive procedures, but before you spend your savings going to extremes, here are a few simple ways to mature gracefully without breaking the bank:

- **Get Moving.** Working out doesn't have to mean working hard. Find a pastime you enjoy and get to it. Whether that means walking on the beach, working in your garden or riding your bicycle, just make sure you're getting about 30 to 60 minutes of exercise—or activity—every day. The more you work out, the more energy you'll have to participate in the hobbies you love—and when you feel healthy, it shows from the inside, out.

- **Make Over Your Makeup.** Gone are the days of dark shadows and stark lipstick, which only accentuate dark circles and crow's feet. Instead, use neutral pinks and browns to highlight your best features. Thick, well-groomed eyebrows are a sign of youthfulness, so try a powder or light pencil to fill them in. Brow color should always be one shade lighter than your hair. Heavy or glittery foundations can emphasize wrinkles, so use a lightweight, matte primer that matches your skin tone. Protect your skin by using foundation that has a built-in SPF of 15 or more. Lastly, a simple pink lip gloss will make lips look naturally full and shiny. Without all that makeup, you'll feel lighter and look younger, too.

- **Begin From Within.** Drinking lots of water will keep you and your skin, which can become



Looking younger and more vivacious can begin from within if you take supplements that support healthy hair, skin and nails.

wrinkly and dry with age, well hydrated. Your hair may also become brittle and your nails may grow frail or break off easily, so try a supplement designed to sustain healthy skin and strengthen hair and nails. Schiff® Hair, Skin & Nails is a concentrated formula that provides critical nutrients necessary to support healthy hair, skin and nails. Supplements like this one can be a quick, natural way to help prevent the signs of aging.

“We often forget that skin is our largest organ, and it's fed by many blood vessels supplying its nutrition,” said Dr. Luke Bucci, vice president of research at Schiff® Nutrition International. “The more healthy nutrients that are flowing through your bloodstream, the better off your skin will be—from the inside, out.”

To learn more about the role of supplements in health and beauty maintenance, visit www.SchiffVitamins.com.