

look younger for longer

Easy to use anti-ageing hints and tips

When it comes to getting wrinkles, experts say that 10% is genetic but the other 90% is caused by the environment and our lifestyle choices.

As we grow older the production of collagen and elastin, the skin's natural support structure, slows down and our skin starts to lose its firmness. It also becomes thinner and drier, skin tone is less even, wrinkles deepen and the natural barrier against the sun decreases.

DO'S

Establish a diligent skin care routine

Good old cleansing, toning and moisturising all ensure faster cell re-generation and keep your skin looking younger longer. Use skin care that is suitable for your age and skin type.

Protect your skin from the sun

Without a doubt, the sun is your skin's worst enemy. The UV rays in sunlight cause the collagen and elastin in your skin to break down, which leads to premature ageing. One of the best lifestyle changes you can make is to wear a good sunscreen, everyday.

Water, water, water

A light spray of natural spring water will keep your skin refreshed and moisturised during hot summer days. Don't forget to drink at least 8 big glasses of water every day.

You are what you eat

Your skin is affected greatly by what we put into our bodies. It's best to avoid processed and refined foods including junk food, refined wheat and sugar. Including the following in your diet can help improve the condition of your skin now and long-term:

- Antioxidants boost your body's ability to fight free radicals and protect the skin from damage. Colorful fresh fruits and vegetables are a great source of antioxidants.
- Essential fatty acids are important for skin health. You can get these from green leafy vegetables, nuts, seeds and fish.
- Vitamin A and C supplements can also be taken in addition to the above.

Adequate sleep and exercise

Your skin is your body's largest organ and your body repairs its organs while you are sleeping. Try going to bed earlier and at the same time every night. Regular exercise improves circulation, delivering oxygen and nutrients to the skin, leaving it fresh and radiant.

DONT'S

Smoke

The harmful toxins in cigarette smoke break down the collagen and elastin in your skin.

Drink

Alcohol contains toxins that dehydrate your body, which is never good for the skin.

Stress

Chronically high stress levels have a negative effect not only on the appearance of your skin but on your general health as well.