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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Tips For Beautiful Skin

By Sintilia Miecevole

For most women, part of the morning and evening routines involve a skincare regimen of applying creams, moisturizers, tonics, lotions, and the like. Why do women put themselves through this? They do it primarily to combat the signs of aging, and to maintain youthful looks and beautiful skin! It is a safe bet, however, that most women haven't put much thought into what is in the products that they are using.

Some women probably do not realize that what they are putting on their skin may actually be undermining what they are trying to prevent to begin with. In fact the average woman puts twelve products on her skin daily, most of which contain harmful chemical preservatives. Dr. Myron Wentz, founder and chairperson of USANA Health Sciences, has this to say about beauty in the company magazine's June/July 2005 issue: "Some say that beauty is only skin deep. Nonsense! I believe that true beauty is a reflection of true health, and true health begins deep inside each and every cell in the body. But true health and true beauty have an outer component, which is why we require protection from environmental insults such as solar radiation, pollutants in our environment and the drying effects of air. . . The fact is you simply cannot contain a healthy body if your skin isn't healthy. And your skin can't be healthy if your are subjecting it to toxic substances that are ultimately absorbed into your body."

So, what can women do? How can they combat environmental pollutants, the affect of solar radiation, and the drying effects of air? How can they be sure they are using the very best products on their skin so they can be healthy inside and out? Here are 7 tips to assist in this process:

1. Be very aware of what is in skincare products. Use products that are all natural as much as possible.
2. Look for products that contain Dermal Surface Renewal Technology. DSR smoothes away existing signs of aging such as laugh lines, crows feet, and dullness.
3. Use products that have regenisomes. Regenisomes penetrate the skin to speed cell renewal after sun exposure. They also use the light of photosomes to undo sun damage, and have ultrasomes to renew skin while sleeping.

7 Tips For Beautiful Skin

4. Find products with Proteo-C and Proflavonol-T. These two vitamins protect the skin from premature aging caused by the sun, pollution, and other environmental factors. They also provide advanced nutrition to the skin to keep it appearing smooth and firm.

5. If possible, use products that are paraben free. Parabens are synthetic chemical preservatives that are widely used in personal care products such as shampoos, conditioners, hair styling products, make-up, facial masks, skin lotions and creams, and deodorants. They also are typically ingredients in baby lotions, shampoos, and other personal care products for infants and children. In addition, parabens are in many foods and pharmaceutical products. Researchers are beginning to find parabens in benign and malignant human breast tumors. While some studies have challenged their toxicity in many products and question their long term affect on humans, using products that are paraben free can eliminate the risk of exposure to this harmful chemical.

6. Drink plenty of water! Water hydrates skin and hair as well as flushes toxins out of the body.

7. Limit stress or learn to manage it effectively. Stress is harmful both emotionally and physically. Find that stress reliever activity that works best and use it on a daily basis!

Follow the above 7 tips to true beauty and health.

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<http://www.fhcbeauty.com>

with your host, Sintilia Miecevole is waiting for you.

You'll have resources at your fingertips from perfumes, consultants, samples, jobs, products, salons and supplies to tips, skin care, discounts, hair, health and much more. Be sure to visit

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for further information

Skin Care Enhance Your Pretty Look

By Loraine Lesley

Who doesn't want to look beautiful? Everybody wants to look pretty and fresh. Taking care of your skin is one way to achieve what you hope for. Whether we like it or not, beauty does seem to affect the ease and success of an individual's life. That's why no body wants to look pale, unhealthy and dull.

Perfect beauty is absolutely what you and all women desire. You can feel good about yourself if you have good look. Thus, skin care, hair care, and other beauty treatments should be on your program then. You will need some tips in order to make them successful. Here are some skin care treatment

7 Tips For Beautiful Skin

tips, given free just for you!

Tips for Perfect Beauty

There is no doubt that your skin needs special treatment since it is the body's largest organ. You may not know how to take good care of your skin, how frequent you should do it, and so on. Keeping the skin moist, elastic, and smooth is one of the best ways of skin care treatment. Look at these helpful tips below:

1. The first thing you must know about skin care treatment is to do it regularly. You can start it from the very easy way, like washing your hands and face with a natural soap or cleanser.
2. Which type of skin do you have? Dry, normal, or oily skin? Get to know your type and use appropriate skin care products for the treatment. Consult with your beautician if you're not sure about it.
3. Eat lots of healthy foods, namely fresh fruits and vegetables which act as great antioxidants. They are substances that prevent damage in the body caused by free radicals. Strawberries, cranberries, blueberries, tuna, and mostly seafood, as well as onions, garlic, and broccoli are great sources of food high in antioxidant.
4. Avoid smoking and stay away from alcohol. They are real skin enemies since they create wrinkles to your skin and making it dry.
5. Carry out proper treatments for your skin: clean your skin with water and free-chemicals cleansing products everyday, scrub your skin regularly to remove dead cells and smooth the skin, and moisturize it with skin lotion and cream containing high amount of vitamin E.

Those tips above are actually only a few of numerous skin treatments. You should maintain your youthful looks by always giving good care of your skin. Consuming vitamins and supplements is also a good way to do it. Don't forget to drink a lot of water and exercise regularly! Have a healthy skin, and of course a healthy living!

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why her object features practical articles and tips on Skin Care, Hair Care, and more. To discover more of her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>



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