

Beauty Secrets Don't Only Hide In A Bottle—They Can Also Be Found In Our Refrigerator!

This Free E-Book is brought to you by Natural-Aging.com.

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

Beauty Secrets Don't Only Hide In A Bottle—They Can Also Be Found In Our Refrigerator!

By Maria Llorente

Thanks to technological advances, experts in dermatology have been able to observe the effect that our diet has on our skin's texture and appearance.

Many recent studies in dermatology confirm that the most significant factor in skincare does not only depend on the cosmetics that we apply (which, of course, do make a difference) but also largely on our diet.

So...which diet should we implement to look great?

WATER Our body is 70 percent water; therefore, it's logical that any lack of sufficient water intake will affect our appearance.

That's why drinking water is undoubtedly the easiest and most efficient way of preventing the signs of aging, maintaining the skin smooth and the body healthy.

HOW DOES WATER AFFECT OUR SKIN? Water eliminates the toxins in our body that are daily stored up through contact with pollutants, tobacco smoke, stress and other sources of free radical formation. Concretely, free radicals are the principal cause of skin diseases and premature aging.

Water not only gives skin a more youthful appearance but also eliminates all of these elements, which cause the appearance of acne. Acne is formed by the accumulation of bacteria, oil, dead skin and dirt on the skin. Even for those with oily skin and problems with acne, water is needed to wash away both internal and external impurities.

Additionally, water helps vitamins and nutrients to easily flow throughout the body. In particular, it collaborates with all of the body's organs to distribute vitamins E, C and B12, which help maintain the skin smooth and young.

HOW MUCH WATER DO I NEED TO DRINK DAILY? Normally it's recommended that a person drink at least a liter and a half of water, although many dermatologists recommend increasing the dose to

Beauty Secrets Don't Only Hide In A Bottle—They Can Also Be Found In Our Refrigerator!

two or three daily liters.

WHEN IS IT ESSENTIAL TO DRINK WATER? It's very important to drink and recuperate lost fluid after exercising or sunbathing. Don't forget that water is good not only for your organism but also for your outward appearance.

WATER INSIDE AND WATER OUTSIDE When cleansing facial skin or the body, it's best that the water be lukewarm. Very hot water can dry out the skin excessively, but at an adequate temperature, its cleansing power is enormous.

BEAUTY TRICK Drink water in the morning; it will help eliminate a puffy or swollen face.

Who would have thought that water would end up being one of the most relevant beauty secrets in the new millennium?

Maria Llorente is a qualified Make Up Artist who writes on health and beauty subjects.

<http://www.tuimagenpersonal.com>

Not So Essential Wine Accessories

By Ken Finnigan

As a follow up to my last article, "Essential Wine Accessories" I thought it would be interesting to touch on a few accessories that may not be quite so essential but are fun or handy to have regardless.

Wine pourers are traditionally made from clear plastic and fit into the neck of a bottle of wine. The pouring surface is designed to prevent dripping when pouring, for those with an unsteady hand, by returning any excess wine back to the bottle. This can be very handy for those interested in preventing red wine stains on any item of furniture that is not already red in color!

Decanters allow red wine to breathe, enhancing flavor and bouquet. Typically created from glass or crystal, decanters have a narrow neck, which leads to a very wide base. This wide base allows more of the wine to come in contact with the air, letting it breathe before consumption. Decanters are not a necessity but are a practical addition for those interested in enhancing the flavor of their red wine.

A bottle tote is also a practical accessory to have when going out on a picnic or to bring a cold bottle of wine to a dinner party. Usually made from neoprene (the same material diving wetsuits are made from), bottle totes can keep a bottle cool for hours, something handy if you are going to be out and don't want that nice chilled bottle of Sauvignon Blanc to warm up before you have had a chance to drink it.

How many times have you been at a dinner party and have had to juggle your plate and your glass? Mingling plates are the perfect solution for those dinner or cocktail parties when a third hand is

Beauty Secrets Don't Only Hide In A Bottle—They Can Also Be Found In Our Refrigerator!

essential. With a slot and hole on the side of the plate, a wine glass stem can be inserted so that the glass is resting on the side of the plate. This leaves your hand free to eat without needing to balance a glass in your hand or setting it down on a table.

My personal favorite not so essential accessory is a wine chiller or wine refrigerator. Wine chillers can come in a variety of colors, finishes and capacities to fit your desires. Usually they are small enough to fit on or under a kitchen counter and most have gauges, which allow you to set the chilling temperature according to the type of wine being chilled. That way if you are using your wine refrigerator to store and chill red wine (because red wine should best be served at a temperature of 60 degrees Fahrenheit), the temperature can be adjusted so that bottles are not chilled as if they were white!

The list of wine accessories can appear to be endless, and to write about them all in this article would take too long and bore you to death. So I hope that the few I have touched upon are helpful in deciding which not so necessary wine accessories are more necessary than others.

Ken Finnigan is the CEO of

<http://www.finestwineracks.com>

a website specializing in quality decorative wine racks and durable wine storage systems.



This Free E-Book has been brought to you by Natural-Aging.com.

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