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Take Care of Your... Skin

At any age, remove makeup before bed to keep your skin looking fresh.



IN YOUR 30s This decade is all about prevention. Along with a daily moisturizer, use a broad-spectrum sunscreen with at least SPF 30 every day, says Dr. Patricia Farris, a Louisiana-based dermatologist. Start getting a yearly mole check for skin cancer—rates of the disease are higher in the South because of added sun exposure.

IN YOUR 40s Collagen production slows down and the skin gets drier, both of which make skin appear older. Continue using sunscreen and switch to a heavier moisturizer with antioxidants. Prescription forms of vitamin A, such as Renova and Avage, help smooth fine lines and wrinkles—ask your dermatologist if one is right for you.

IN YOUR 50s Menopause changes everything, including skin. As estrogen production slows, the skin can become dry and thin. If you choose not to take hormone replacement therapy, you may notice more dramatic changes. Talk with your dermatologist about products that can help reduce signs of aging, like collagen-boosting peptides.

IN YOUR 60s If you've taken care of your skin, it will pay off now! Be gentle as you cleanse and exfoliate, because it will take longer for your skin to repair itself. Make sure to tell your dermatologist about changes to the skin, especially any painful, cracked, or bleeding areas, all of which can be signs of skin cancer. *

5 Ways To Get a Healthy Glow

Reduce Sun Exposure

Damaging UVA and UVB rays are responsible for prematurely aging the skin. The best advice: Never leave home without sunscreen—even on cloudy days.

Maintain a Healthy Diet

Vegetables, high in antioxidants, help protect the skin from free radical damage. Pack your plate with colorful vegetables for a natural glow from within.

Cleanse Morning and Night

Use a gentle facial cleanser to remove makeup and unclog pores, like Dr. Dennis Gross Skincare's All-In-One Cleansing Foam; \$36, dgskin.com.

Exfoliate

A gentle scrub for the face cleanses the skin and removes impurities. One we recommend: Lancôme's Pure Focus Exfoliator; \$24.50, lancome-usa.com.

Fake It With a Bronzer

Add color year-round for a gorgeous, safe glow. Try Bobbi Brown's Illuminating Bronzing Powder in Bahama; \$33, bobbibrown-cosmetics.com.

