

# Top Nine Anti-Aging Tips

1. Sunscreen.
2. Hydration.
3. Firm food.
4. Face exercises.
5. Oil.
6. Massagers.
7. No heat.
8. White teeth.
9. Acupuncture and more.

Sunscreen. Sunscreen. Sunscreen. I am making up for the years I used baby oil mixed with iodine as sunscreen! The only time I do not have a product on my face with sunscreen in it is when I am going to bed. It is part of my morning routine to put sunscreen on my face and chest. In the summer months, I will put sunscreen on early to let it soak in and reapply all day. I have sunscreen in all my bags and some in the car to lather up my hands as I drive. I wear a huge straw hat in the yard all summer and ball caps on walks with my beloved dog Holly. I have backup hats in my suitcase and car in case of a spontaneous adventure.

Water is key! Hydrated skin looks younger. If you have my *Embrace the 90%* book, I share that I read an article from Radhi Devlukia-Shetty that changed how I drink water. She said, "According to Ayurveda, water should be consumed at room temperature while sitting down and not within 30 minutes of a meal." "When you drink standing up," Devlukia-Shetty says, "gravity causes water to flush through the body without time to nourish the organs and tissues. Drink it at room temperature, preferably after it has been boiled. Boiling water changes its composition and helps it reach the state of Sukshma penetrating, which makes it more hydrating." So, not only does it help your skin, it helps your digestion! I also hold warm water in my mouth for a few seconds a day.

My acupuncturist taught me to eat firm food for firm skin. I am not a huge fruit person, but I try to eat a pear, some grapes or an apple every day or so. I try and eat a rainbow of veggies each day and green food and drinks. Eating colour gives you colour. I don't smoke and I try to stay away from caffeine, booze and junk food.

Just like we exercise our bodies, we need to exercise our face muscles too. In 1997 I got a book called, *The Five-Minute Facelift* and I have been doing facial exercises since then! You can Google so many great exercises for the face and neck. Find someone you like and then look for what you want to tighten and lift. I do facial exercises as I work and drive. I do my Kegels at the same time so it's a win win! LOL

I follow a lot of Ayurvedic practices and I love oil pulling. You can use different oils but I prefer coconut oil. Put a tablespoon of oil in your mouth and just swish it around for 15-20 minutes. It might be a harder consistency when you first start but it will melt quickly. Do not swallow this, spit it out and rinse your mouth with warm water before you eat or drink. Not only is this good for your skin, but it is also detoxing and great for the teeth and gums.

My acupuncturist gave me a Gua Sha massaging tool years ago and now they are so popular, I see them everywhere. I have one tucked beside my nightly facial oil and I massage the face before bed. I have another Gua Sha stone and a facial roller that use when I am watching TV. I have dark circles under my eyes and it helps to detox the face and eyes too.

Avoid all things heat. Don't sit in the sun! Wash your face with slightly warmed water, never hot. Don't let the heat from the open oven door, car vents, or space heater hit your face. Protect your skin from extreme heat. Avoid all things cold too. No freezing water and cover as much as your face as you can in cold winter months. I am a serious walker and I have all the gear!

I get an acupuncture treatment on my face to help brighten and detox the face, but I found not matter how much acupuncture I did, my forehead felt like my 10%. I get a small amount of Botox in my forehead and I really like how it smooths and lifts my eyebrows. I am 53 years old and at the age where I get comments about my "mature skin" and the "creepy skin" under my eyes. I guess I will have that to figure out next!

I use bleaching toothpaste and bleach my teeth with bleaching strips about twice a month. Botox and bleaching are something that I hope to offset with all the healthy detox I do!