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dullness

WHY IT HAPPENS As we age, our skin produces less natural oil, and our cells' ability to repair themselves and turn over decreases. This slowed exfoliation can cause skin to retain the top layer of cells and grow more opaque. Combined with a lack of moisturizing sebum, "the skin reflects less light," says Bank, "and looks dull."

NATURAL FIX Take exfoliation into your own hands. Start with mild scrubs, suggests Davis, who favors those with finely ground almonds, apricot seeds, and other natural sloughers. Try **Skin-Milk Facial Scrub** with almond meal and oat flour. If twice-weekly exfoliation sessions don't do the trick, switch to skin-penetrating alpha-hydroxy acid lotions or peels, such as **Renew Glycolic Firming Pads**. Dull skin also requires extra moisture to restore luster. Any number of natural ingredients can work magic, says organic skin- and hair-care pro John Masters of the eponymous salon in New York. "Look for products with sea algae extract and pomegranate, apricot kernel, rosewood, or borage oils," he says. **Pomega5 Revitalizing Nourishing Toner**, for one, contains pomegranate seed oil and will balance and revive the skin.

lip furrows

WHY THEY HAPPEN Smoking ranks as a top cause of those vertical, lip-stick-loving lines, and we'll assume that if you ever did light up, you've quit. (Right?) Habitual lip pursing, regular straw sipping, and chugging from small-mouthed bottles can also cause lines. And even if you don't use straws or smoke, wrinkles around our mouths seem more prominent because lips lose plumpness as we age.

NATURAL FIX Ease up on the straw habit, drink from wider-mouthed glasses, and try to be mindful of unconsciously pursing your lips. You may not be able to reverse your skin's collagen loss, but Davis says you can prevent future damage by using antioxidant creams with vitamin C or, even better, coffeeberry, the fruit of the coffee bush that contains the bean. "It has very powerful antioxidants that prevent cell damage," explains Davis. Try **RevaléSkin's Day Cream** with coffee seed extract. "Apply it under moisturizer or instead of moisturizer," she suggests. In the short term, plump lips with a rich, natural lubricant: Masters favors the beeswax, shea butter, and olive oil present in his own brand's **Lip Calm**, a chemical-free favorite.

sag

WHY IT HAPPENS Your face naturally loses volume with age because you shed underlying fat and water. That depletion, paired with age-compromised elasticity, equals sag.

NATURAL FIX Try facial acupuncture, which may help stave off additional sag, and possibly boost collagen and elastin, according to Julie Barsam-Cummings, founder of the Plum Blossom Acupuncture Clinic in Cambridge, Massachusetts. The telltale glow of relaxation after a needle session aside, research has shown that the practice can stimulate the subcutaneous tissue, the deep layers beneath the skin's surface. Barsam-Cummings adds that sag also results from a lack of blood flow, something acupuncture restores by drawing red and white blood cells to the subcutaneous needling site. "The body should age gracefully," she says, "without bags or wrinkles."

The skin around the eyes becomes especially sag-prone, whether in the form of eyelid droops or under-eye bagginess, because it's so thin and has fewer oil glands. Farrand suggests that when removing makeup or putting in contact lenses, we should try not to scrub or stretch that delicate skin.



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