



For many women, even non-invasive cosmetic procedures are too costly, time consuming, or painful. If this rings loyal for you, a fountain of girl is not an fugitive goal. There are “good aged fashioned” solutions to father time and some new ones too.

NUTRITION FIX

It’s true, we are what we eat. Or to be some-more exact, we demeanour like what we eat. In a bulb shell, this means that when we devour diseased foods, we demeanour awful.

Franci Cohen is a New York personal trainer, approved nutritionist, use physiologist and creator of SPIDERBANDS®. Here are some of Franci’s suggestions:

- **SKIP THE SUGAR** – Sugar in your bloodstream forms molecules that indemnification proteins like collagen and elastin. When we contend goodbye to collagen and elastin, we contend hello to wrinkles. Reach for dishes that will raise moisture, like cucumbers and spinach, that both include of some-more than 90% water.
- **AVOID OVERLY SALTY FOODS** – Salt dehydrates and can lead to grow and puffiness, generally around a eyes. Instead of chips and other tainted foods, opt for wholegrain pretzels with sesame seeds or select olives. Olives are naturally tainted and they enclose fiber.
- **STEER CLEAR OF FRIED ANYTHING** – Fried dishes burden your arteries and prop your blood cells, creation your skin demeanour dull. Choose brownish-red rice, that contains ceramides that make skin well-spoken and supple. And tomatoes enclose lycopene, an antioxidant that helps strengthen skin opposite damaging UV rays.

SKIN FIX

Age and bad food choices are not a usually law-breaker of wrinkles and conjunction are genetics. There are factors that come into play caused by one’s lifestyle and beauty habits that can intensify a aging process.

Dr. Mirwat Sami is a Houston Board-certified Ophthalmologist specializing in Ophthalmic Plastic and Reconstructive Surgery. She explains that, “It is a skin’s agility that prevents neglected lines and furrows from forming, and keeps skin from sagging. Although wrinkles naturally rise with age, there are bad habits we can mangle to stop being a skin saboteur.” Dr. Mirwat suggests:

- **DON'T SLEEP ON YOUR SIDE OR STOMACH** – You can't get a good night's nap on your sides and stomach though you're unnecessarily stressing your skin. Fetal and stomach positions when sleeping means disproportionate blood dissemination that thwarts adult nourishment, blood, and oxygen on some tools of your physique while depriving other physique parts, including skin and causing it to turn wrinkled. Dr. Sami says that, "Not usually do these sleeping positions mean wrinkles, bad blood dissemination causes fluids to be stranded around your eyes. This contributes to an arrangement of eye bags and dim underneath eye circles that make we demeanour sleepy and older. Additionally, sleeping on a face or on one side can outcome in worsening of age-related skirmish of a features."
- **ALWAYS REMOVE MAKEUP AT NIGHT** – When we nap in your makeup, you're fundamentally seeking for wrinkles. The makeup and environmental pollutants we amass during a day trickle into your pores, violation down collagen and elastin. This can speed adult a aging routine and leave you with excellent lines and wrinkles
- **TRY TO LIMIT CENTRAL HEATING** -The executive heating and atmosphere conditioning systems that many of us use during home and during work can exceedingly dry out skin, heading to beforehand aging and wrinkles. To assistance keep skin childish and soft, try branch down a heat. Keeping a potion of H2O in a room can also boost humidity, while wearing a protecting face cream can assistance soothe dryness.

INSTANT FIX MAKEUP- NO Botox Required

Making improved food choices and violation bad lifestyle habits take time and practice. For those people who like present gratification, there is WorryLess.

Developed by Hollywood makeup and special effects artists, it uses medical class silicone to copy skin—filling and concealing scowl lines between your eyebrows instantly! WorryLess is a initial and usually accepted dermal filler combined to probably erase glabella lines (the low straight lines between your eyebrows).

Upon application, a silicone transforms from a glass to a stretchable rubber-like consistency, that simulates skin. It seamlessly fills in a low crevices and since it is translucent, allows your skin to gleam through. The result? Perfectly, well-spoken picturesque looking skin. The Product also states that it is non-vitriolic and waterproof.

How to Apply in 3 Easy Steps

Step 1: Prime. Brush on Primer over a areas we wish to conceal. Let it dry for 30 seconds.

Step 2: Apply. Apply a tiny volume to a skin regulating a forked pointing focus tool. With a spatula apparatus or a finger, mix a edges into a skin.

Step 3: Texture. Place Skin Texture Pad over a area. Press around a edges. Hold in place for about a minute.