

PARTY PERFECT

Denise Spanek – Beauty Adviser

Holiday Health And Beauty Tips

Winter can be a wonderful time of year...full of family, friends and great cheer. That said, it's no secret: the fun (and stresses) that come with the holidays can take its toll on our skin and body. **DON'T FRET!** Follow these 5 survival tips to keep your skin looking healthy AND beautiful throughout the season. You'll feel better too!




SLEEP/EXERCISE: I've included these together because you need a balance of both. A good 7 to 8 hours of sleep not only keeps skin looking younger, but it helps maintain weight regulation. Studies show that sleep deprivation can cause weight gain (yikes!), part of which is caused by reaching for sugar or carbs when exhausted to keep energy level up. Exercise is a must for a glowing, radiant complexion. It gets circulation going and moves more oxygen throughout the body.

LOOK TO A PROFESSIONAL: Getting under the care of a good aesthetician for deep cleansing facials is a must, even if it's only four times a year. Seasons change and so do the needs of your skin. What worked for you all summer will not be ideal in the dead of winter. The right skincare expert can help you with your daily home care which can be simplified into 5 basic steps: CLEANSE, EXFOLIATE, MOISTURIZE, PROTECT & PREVENT.

HOLIDAY TRAVEL "INSURANCE": When traveling, it's important to take along products that will guard against harsh winter climates that can cause dry, dehydrated and irritated skin. Look for products

that contain shea butter and hyaluronic acid. They are ideal for "locking in" moisture and plumping the skin for hours. Other ingredients to look for that offer up soothing and anti-aging properties are green and white tea extracts, arnica, chamomile and vitamin C.

HYDRATION: Moisture is the most important quality for younger looking skin. Yes, it is important what you drink! Coffee and alcohol can dehydrate the skin, making it look older. If you imbibe, it's even more important to do your eight glasses of water a day. And no, diet drinks don't count.

YOU ARE WHAT YOU EAT: Those lovely canapés are oh so tempting that who can resist? We will all be responsible for over eating pretty little puffy bites that pack a caloric punch. To help prevent looking like a larger version of a cream puff come January, balance is the key. Eating alkaline forming, fresh vegetables and fruits such as dark leafy greens, carrots, avocados and berries helps to nourish and detoxify the system which in turn keeps skin looking clear and bright! 

Denise Spanek is a San Francisco based aesthetician and Founder & CEO of Air Repair Skincare. Denise and Air Repair Skincare have appeared on local and national TV and numerous publications and websites such as Allure, Glamour and Travel & Leisure. For more information, please go to airrepairskincare.com.