



AUGUST'S WELLNESS TIP

Want to slow down the signs of aging AND feel your best?

It's imperative you create healthy lifestyle habits!

When it comes to smart skin-care habits, there's no replacement for a healthy diet and lifestyle. In the fight to keep lines and wrinkles at bay, your daily habits matter. Dehydration, smoking, inactivity, lack of sleep, and a diet high in sugary foods were all linked to increased markers for accelerated signs of aging AND declining health.

So make sure to be intentionally active, drink lots of water, eat a balanced diet and improve your gut health, get your beauty sleep, and stay away from smoking.

Studies show that eating the rainbow of fruits & veggies, especially yellow/orange/red ones – as these contain powerful antioxidants called carotenoids (a MUST for radiant, younger looking skin), as well as limiting meat, leads to less wrinkling over time.

Staying active helps lessen the risk of obesity, heart disease, diabetes, as well as decrease stress (on emotions, joints, and bones), all factors that can help keep looking and feeling old at bay.

Finally: Adequate and high-quality sleep is a must! Typically seven to nine hours of sleep per night. Studies show that “good sleepers” have less skin aging, their skin is better able to recover after sun exposure, their hormones and gut health are better regulated, they eat less, and experience longevity of overall health and wellness.

So, are you ready to create some healthier lifestyle habits to help you look and feel your best?

Our 30-Day Change Your Habits, Change Your Life & Skin Challenge begins September 16th.

Make sure to sign-up and join us. It just might transform your life!