

TOP 10 ANTI-AGEING SKIN CARE TIPS

You can't stop time. But you can minimize its effects. With these 10 simple steps, you can promote younger looking skin each day.



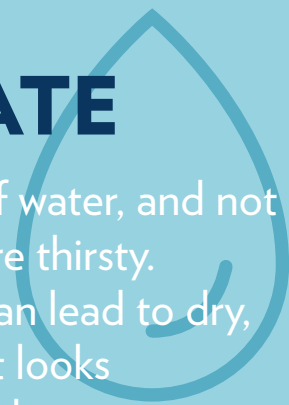
1 PROTECT



Use sunscreen every day to prevent premature ageing, wrinkles, and age spots.

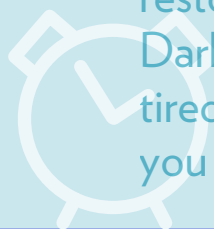
2 HYDRATE

Drink plenty of water, and not just when you're thirsty. Dehydration can lead to dry, sallow skin that looks prematurely old.



3 SNOOZE

Aim for at least 7 hours of beauty rest a night and let skin restore, renew, and rebalance. Dark circles, puffy eyes, and tired looking skin can make you look older.



5 UNWIND

Manage stress and take time to relax. Stress can decrease moisture and firmness and promote skin ageing.



6 EXFOLIATE

Get rid of a dull, ashen complexion by shedding dead skin cells. Regular exfoliation helps unclog pores and reveal fresh, rejuvenated skin.



7 NOURISH

Fuel your body with the nutrients it needs by eating fruits, vegetables, and fish. A healthy diet promotes radiant, firm skin and can help prevent age spots and wrinkles.



9 BREATHE

Enjoy clean air and avoid smoking. Smoking can lead to premature ageing and cause wrinkles, decreased radiance, and diminished elasticity.



8 MOISTURISE

Apply balanced moisturizer morning and night. Moisturisers help fight dryness, balance skin tone, and improve skin texture for younger looking skin.



10 EXERCISE

Stay active and get your blood flowing. Increased blood flow helps nourish skin cells, release toxins, and promote natural oil production for a supple, healthy glow.

