

fitness

MIND POWER 8 Olympians' stay-well advice p.53

get gorgeous

get gorgeous

TIP Age-proof your skin overnight with a replenishing

As you snooze, your skin generates new cells and repairs daily damage, says Dr. Bank. Enhance skin's building process with a restorative cream such as **1 Elemis**

Your body's nightly elevated temperature helps your moisturizer penetrate deeper, says Dr. Bank. Choose one containing self-tanning agents that won't stain, such as **4 Olay Touch of Sun Overnight**

Schedules are becoming more hectic by the minute, turning eight hours of sleep into a luxury. But you shouldn't skimp on zzz's. "A lot happens when your head hits the pillow—your body doesn't need to keep track of subconscious activities like blinking and balancing, so it has a chance to focus on other necessary processes, such as repairing skin cells," says David Bank, M.D., founder and director of the Center for Dermatology, Cosmetic, and Laser Surgery in Mount Kisco, New York. Still, multitasking is the name of the game. Get more out of lying down with products designed to enhance your beauty rest.

more out of lying down with products designed to enhance your beauty rest.

damage, says Dr. Bank. Enhance skin's building process with a restorative cream such as **1 Elemis Maximum Replenish Night Cream, \$65, nordstrom.com**. It contains black-poplar bud, an ingredient shown to regulate oil production, reduce inflammation and improve cell renewal.

Treat breakouts. Makeup can hide blemishes during

haven't thought this!) Try a zit meets-concealer such as **2 Remy Sleep Beauty, \$48, .com**, which contains salicylic acid to reduce redness.

Count sheep, not crow's feet. Plump fine lines around your eyes with cream that contains antioxidants to reverse cell damage.

FITNESSMAGAZINE.COM

FITNESS AUGUST 2008 17

18 FITNESS AUGUST 2008

need now p.66

Pain-Proof

AUGUST 2008 \$3.50
FITNESSMAGAZINE.COM



Courtesy of FGPR