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Look Great (Beauty)

The bad news: You probably left off something that harmed your skin. The good news: There's an easy way to fix it. Read on to learn about the surprising skin care that won't harm your skin, and find out how to undo the damage.

Save your skin

THE SIN
Your 3 p.m. sugar fix

Doesn't your complexion look off lately every afternoon? You're not imagining it: You're eating too much. "There's no doubt that 3 p.m. is a time of sugar, snacking, stress, and more," says Mona Gohara, M.D., associate clinical professor of dermatology at the University of Medicine. "But research shows there's a 40% increase in skin damage after 3 p.m." Eating too much of the sweet stuff triggers a process known as glycation, during which sugar in the bloodstream binds to proteins in your body, creating harmful molecules known as AGEs. AGEs are a major glycation end-product, besides being implicated in diabetes and

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More...

THE SIN Straining when you lift heavy weights

Pumping iron builds your muscles, but if you're not breathing correctly, your skin will see results too—and not good ones. "Straining makes your blood pressure skyrocket," explains David E. Bank, M.D., a dermatologist in Mount Kisco, NY, and a Shape advisory board member. "That intense spike can cause the tiny blood vessels in your face to burst." These ruptures may then show up as redness around your nose and on your cheeks.

(Beauty)



THE SIN
Touching your face

The average person makes contact with their complexion averaging 43 times a day. It's a subconscious habit for most, but one that can have serious effects. "You're transferring everything that's on your fingers—bacteria, allergens, dirt, oils—onto your skin," explains Gohara, who says that can lead to clogged pores and breakouts, especially if you're already acne-prone.

THE FIX Besides making a conscious effort to keep your hands away from your face, consider some lifestyle changes that will decrease the amount of impurities that end up on your skin. A few key ones: Wash your makeup brushes, phone screen, and pillowcases regularly; all three are spots that commonly harbor bacteria and other germs.

THE SIN
Yo-yo dieting

And the health implications of yo-yo dieting and gaining weight (including an increased risk

of high blood pressure and high cholesterol), there are also serious repercussions for your skin. These types of yo-yo dieting leave your skin more prone to sagging. Soothe your face and your body, especially around your stomach, breasts, and both the areas with the most fat (as well as the areas with the most transparency), by using TheraFix. "You can also lead to dead skin cells, which occur when the collagen breaks, because it can't keep up with the rapid changes in the skin," says Bank.

THE SIN
Rubbing your eyes

It's a common habit, but it can do a lot of damage to your eyes. "It's not only irritating to the skin, but it's also irritating to the eye itself," says Gohara. The irritation can lead to blood vessels in the skin around the eyes and the skin around them looking red.

THE FIX Avoid rubbing, especially if you're wearing contact lenses. Instead, use a gentle eye cream, such as TheraFix Beauty Eye Daily.

THE FIX Avoid rubbing, especially if you're wearing contact lenses. Instead, use a gentle eye cream, such as TheraFix Beauty Eye Daily. In the morning and at night, when used correctly, caffeine can constrict blood vessels, helping to stimulate blood flow and make dark circles less noticeable.

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