

Woman's Day

LIVE WELL EVERY DAY™

Soup's On!

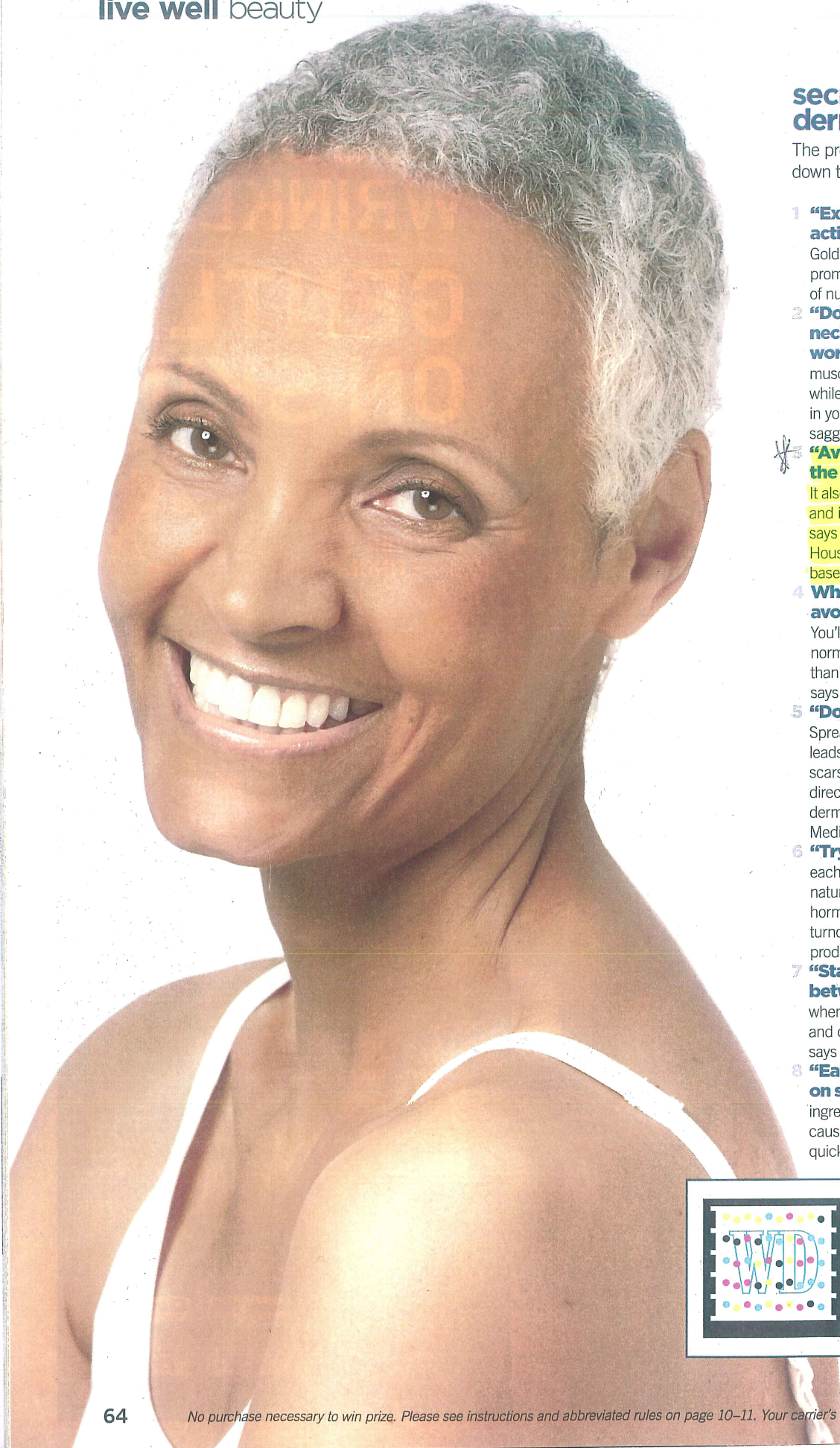
Our favorite recipes—
easy, warm, hearty

STAY IN TOUCH

- Save big on cell phone and cable bills
- New ways to research your roots
- Facebook vs. face time

GET ORGANIZED
FOR THE HOLIDAYS
Plus: last-minute
Halloween ideas





secrets of dermatologists

The pros know you can slow down the aging process for free.

- 1 **“Exercise and keep an active lifestyle,”** says Dr. Goldfaden. Working out helps promote circulation and the flow of nutrients to your skin.
- 2 **“Don’t tense your face or neck muscles while working out.** Tensing these muscles can deepen fine lines, while weakening the muscles in your neck and promoting sagging,” says Dr. Brandt.
- 3 **“Avoid smoking—it slows the flow of oxygen to skin.** It also causes fine lines to deepen and increases skin discoloration,” says Paul M. Friedman, MD, a Houston- and New York City-based dermatologist.
- 4 **When traveling by plane, avoid the window seat.** You’ll be exposed to higher-than-normal doses of UV radiation, thanks to the higher altitude, says Dr. Brandt.
- 5 **“Don’t pick at your skin!”** Spreading bacteria on your face leads to irritation and can leave scars,” says Heidi Waldorf, director of laser and cosmetic dermatology at The Mount Sinai Medical Center in New York City.
- 6 **“Try to go to bed by 11 P.M.** each night to optimize your natural secretion of human growth hormone, which promotes cell turnover and collagen production,” says Dr. Brandt.
- 7 **“Stay out of the sun between 10 A.M. and 4 P.M.,** when the sun is at its strongest and causes the most damage,” says Dr. Fields.
- 8 **“Eat healthy and cut back on sugar and salt.** Those ingredients attach to collagen, causing it to break down more quickly,” says Dr. Goldfaden. wd



WIN SERUM

25 readers will win the Ole Henriksen Truth Serum Collagen Booster shown on page 62 (a \$48 value). Snap on the tag to enter.