



## 1 Wash with oil

Sounds terrifying, right? But you should relax and try it if you have dry, weary skin, says Miami Beach dermatologist Leslie Baumann, M.D.: "Many natural oils contain linoleic acid, which helps skin retain water." Start with 2 Tbsp of linoleic-rich almond oil, says natural skin-care expert Sharon Ghatt Epel, then mix in 12 to 30 drops of one of these oils: carrot seed to boost elasticity, frankincense to restore skin tone, or lavender to calm redness. Massage it in for two minutes, then rinse with warm water. We promise, no morning-after acne.



## 4 GET JUICED

Salma Hayek is 44. How is that possible? The actress swears by juice cleanses, so much so that she cofounded Cooler Cleanse, a \$58-a-day juice delivery program. During the three-day cleanse, you guzzle a whopping 18 pounds of organic fruits and veggies each day, says company cofounder Eric Helms. "This floods skin with vitamins A and C and other nutrients that boost cell turnover." No way you're spending more than your family's grocery budget on this regimen? Down a glass of green juice every day for a week instead. (At a juice bar or health-food store, ask for a blend of spinach, celery, parsley, lemon, pears, and cucumber.)



By day seven your skin should feel softer and look more luminous. We'll drink to that.

## 2 RUB THESE IN



Meet the latest crop of natural time-busters from around the globe. African Anogeissus, found in Origins Plantscription antiaging serum, \$55, stimulates production of fibrillin (a protein responsible for skin's "bounce back"). Kiehl's Rosa Arctica Youth Regenerating Cream, \$60, is infused with Bulgarian Haberlea rhodopensis floral extract, a collagen booster. And sandthorn berry, a skin tightener, is found not only in some of the world's harshest



climates but also in Yves Rocher Ovale Lifting Redensifying Night Care, \$46, and Badger SPF 30 sunscreen, \$16.

## 3 Massage the years off

You can smooth skin with D.I.Y. acupressure, according to Maya Kron, acupuncturist at James Corbett Studio, a New York City spa. These moves will release tension and boost elasticity.



- 1 Using the index and middle fingers of one hand, massage between your brows for 20 rotations.
- 2 Apply light pressure to temples for 10 seconds, then to your jawbone joint (located in front of your ears) for 10 seconds. Repeat.
- 3 Lightly press the muscle that protrudes when you clench your teeth for 5 to 10 seconds.

## 5 SNACK ON SUPERFOODS



"Skin is a matrix of proteins, water, and fats that needs a non-processed food supply for replenishment," says dermatologist David Colbert, M.D., author of *The High School Reunion Diet*.

Here are three line-softening nibbles to grab now: ● Almonds pack skin-plumping fats and vitamin E, a powerful antioxidant that helps offset UV damage. ● Dark chocolate with a cacao content of 72 percent or higher is rich in damage-fighting antioxidants as well. ● Blueberries give you a magic combo of antioxidants and collagen-protecting vitamin C.