

# BEAUTY TIPS 101

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## the skinny on antioxidants and skin care

Antioxidants work by protecting the body's cells by neutralizing internal and external (environmental) forces that produce free radicals, which can cause visible signs of aging. Antioxidant foods and antioxidant skin products help keep your body functioning and looking its best. Free radicals have many negative effects within the body; therefore, incorporating antioxidants into your diet helps maintain overall health, while applying topical antioxidants can help maintain healthy looking skin. Here are just a few antioxidant rich elements that can supplement your regular skin care routine.

### antioxidant super fruits

Most people know that fruit is a great source of essential vitamins and minerals. But fresh produce also contains antioxidants and other ingredients that do wonders for your appearance. Common berries like raspberries, blueberries, strawberries, and blackberries are loaded with antioxidants.

Lesser known berries like acai and goji are also popular ingredients in antioxidant rich foods and beauty products. Antioxidant rich berries and the ever popular pomegranate are all known for nutrients and vitamins that deliver refining, anti-aging, and skin restorative benefits.

### antioxidant vitamins

Three of the best antioxidant ingredients in skin care are the vitamins A, C and E. These vitamins are essential to good health and they also supply exceptional antioxidant protection against free radicals. Skin care products containing vitamins A, C and E are thought to prevent wrinkles, skin discoloration and collagen loss by neutralizing free radicals.

### vitamin A

Vitamin A refines and thickens the skin to help reduce the appearance of visible signs of aging, such as fine lines and wrinkles. It also improves collagen density and elasticity, both of which impart a healthier, younger-looking complexion.

### vitamin C

Vitamin C as an antioxidant skin care product can help repair and protect your skin against UV damage, hydrate skin, reduce discoloration and enhance the production of collagen - all resulting in brighter, more radiant skin. Vitamin C is also thought to be an effective treatment for fine lines and wrinkles.

### vitamin E

Your skin is high in unsaturated fatty acids, making it especially susceptible to free radical damage. Vitamin E is a fat-soluble antioxidant that can protect cellular membranes while it smoothes, softens and conditions skin. Vitamin E also helps prevent sunburn damage. It may also boost circulation, balance oil production, reduce fine lines and diminish stretch marks.

### green tea

Whether you prefer to drink it or apply it to your skin, green tea contains powerful antioxidants that can help reduce signs of aging. Green tea leaves are used in a wide selection of skin care products from moisturizers to eye creams mainly because of their high antioxidant content. Its use in facial moisturizers helps balance the skin's natural protective barrier and increase skin brightness.

### apricot oil

Apricot oil, which is high in vitamins A and E, is a good alternative to almond oil for skin care. Apricot oil is rich in fatty acids, is quickly absorbed by the skin and doesn't leave an oily residue. This oil can be used on its own as a moisturizer or it can be used as a carrier for other skin care mixtures.

