

February 22, 1994

\$1.25

# Family Circle

## YOUR 30-DAY SHAPE-UP

TAKE OUR QUIZ • DROP A SIZE • THE DIET YOU'LL STICK WITH

YOU CAN PREVENT A  
**HEART  
ATTACK!**

Rate Your Risk &  
**SAVE YOUR LIFE**

**Step-by-Step  
Country Crafts**

IS YOUR MARRIAGE  
**LOVING, SEXY,  
INTIMATE?**

How to Have  
All Three

**SET FOR LIFE  
Money Moves  
to Make Now!**

**LOOK YOUNGER**  
75 Easy Steps to Beautiful Skin

*I Love  
You*

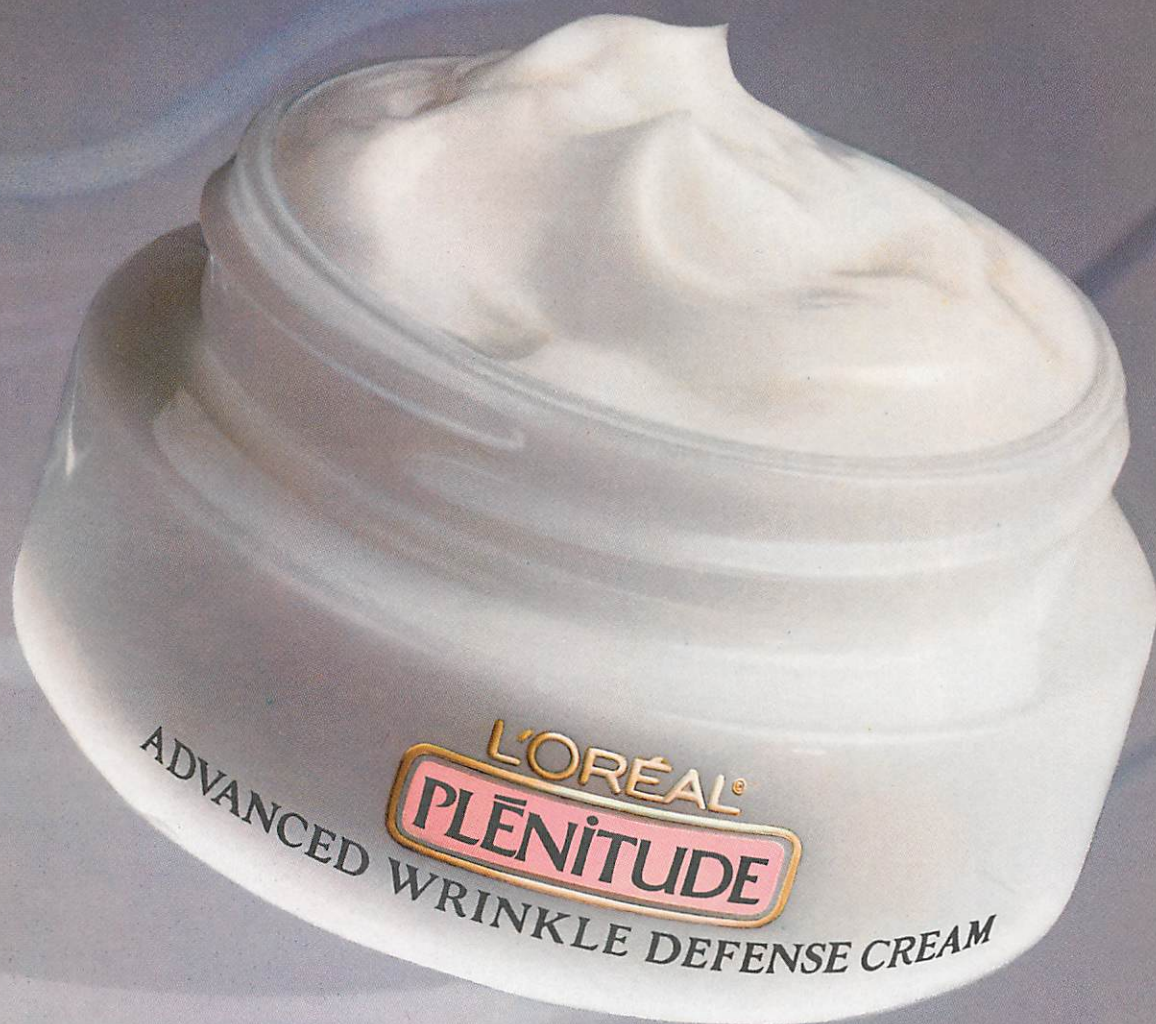
Low-Fat Cake  
Page 118

**Great  
99¢  
Meals**



L' O R

Now reduce lines and wrinkles  
today...and tomorrow.\*





# basics

Do those high-tech skin-care terms and products have you in a daze? Take heart. Getting a glowing complexion is easier than ever, say the experts. Start here with the essentials, check out the best regime for your skin type, then discover what's what in promising new treatments.

1

**A BALANCED DIET** is key. "Starve your body, starve your skin," says NYC dermatologist Alan Kling, M.D. Drastic weight loss can deprive skin of nutrients, turning it sallow, dry. For resilience, get enough protein, adds dermatologist Richard Greene, M.D., of the University of Rochester, NY.

2

**SUN PROTECTION** counts as a must since most wrinkles come from sun exposure. UVA rays penetrate both the epidermis (the tissue beneath the paper-thin surface) and the even-deeper dermis, weakening the collagen structure. So always wear SPF15 sunscreen outdoors.

3

**STRESS BUSTING**—whether it's meditation, massage or a good night's sleep—eases crinkles in brow, furrows around mouth. It can also alleviate some skin conditions, including acne and hives. Plenty of reason to minimize tension and aim your sights on the positive.

4

**EXERCISE**—particularly aerobics, 3X to 5X a week—"increases blood and oxygen flow to skin," Dr. Kling points out. "This may speed up collagen production and thus boost elasticity." Strength training 2X a week, says Dr. Greene, "improves the muscle tone of body and face."

5

**WATER** makes up 70% of each skin cell, so it's vital for a soft, fresh complexion. Loss of moisture can cause dryness, even rashes, says Dr. Greene. You can hydrate skin from the outside with moisturizer, but only the surface benefits. So drink it in: 6 to 8 glasses a day.

Photo by Jacques Mallinon.

core choices

# CLEANSE

## MILKY CLEANSERS

soothe dry skin with oils (lanolin, cocoa butter). Massage in, rinse with warm water. Smart Pick: All Clean Soothing Cream by Prescriptives.

**GLYCERIN CLEANSERS** are mild but may contain alcohol; use on oily/combo skin. Smart Picks: St. Ives glycerin facial cleansing liquid; Neutrogena Cleansing Bar.

**BEAUTY BARS**, with soapless cleaners and moisturizers, are good for sensitive/dry skin. Smart Picks: Dove or Basis Facial bars.

**OIL-FREE FOAMING CLEANSERS** float away dirt, makeup, dead cells; excellent for oily skin. Smart Picks: Oil of Olay face wash or L'Oréal Plénitude cleansing gel.

# MOISTURIZE

**RICH CREAMS** contain water—which the skin surface absorbs—and a high ratio of thick oils (petrolatum, mineral oil) to seal in moisture. Smart Pick: Keri Moisturizing Cream.

**LIGHTWEIGHT LOTIONS** have more water than creams; are easily absorbed; for combo skin. Smart Pick: Pond's Nourishing Lotion.

**OIL-FREE GELS** are water based; have no-clog humectants like glycerin; pat on dry patches of oily skin. Smart Pick: Nivea Visage No Oil Hydrogel.

# REJUVENATE

**MASKS** range from dry-skin formulas to oil-absorbing ones; they offer temporary tightening, rev up your glow. Smart Picks: Naturistics' Moisturizing Mask or Origins' Clear Improvement.

**ALPHA-HYDROXY ACIDS**—found in fruit, sugar and milk extracts—lift off dull skin. Smart Picks: Alpha Hydrox or Maybelline Revitalizing lotions.

**SPRITZES** hydrate with mist of water, floral essences. Smart Picks: Smith & Vandiver's Botanical spritzer or rose petals and water.

**SCRUBS** polish skin, unclog pores via tiny grains or abrasives (oatmeal, pumice, bran). Massage in gentle circles—2X week on oily skin, 1X on dry. Smart Pick: The Body Shop's scrubs.

# core regime

You don't need lots of products to clean and care for your skin. Our chart helps you select from just three categories: *cleansers* that work gently and rinse off easily, so you can skip toning afterward;

*moisturizers*, designed even for oily complexions; and *rejuvenators* that really can make skin look younger. Factor in skin type, the weather (cool or warm) and time of day—and you're set to glow.

**oily**

## Cleanse

*Visible pores, breakout-prone, shiny an hour or so after washing.*

**Cool days:** Wash with clear glycerin soap.

**Warm days:** Opt for oil-free foaming cleanser.

## Moisturize

**A.M.:** Skip moisturizer or try a noncomedogenic oil-free gel, smoothed onto dry areas only.

**P.M.:** Apply noncomedogenic oil-free lotion on dry areas and around eyes.

## Rejuvenate

Clear out pores with a grainy scrub twice a week. Use a clay- or kaolin-based mask twice weekly to help absorb oil and draw out impurities. Stroke on lotion containing alpha-hydroxy acid (AHA) morning and night.

**combo**

*Dry cheeks, oily T-zone; forehead, nose, chin.*

**Cool days:** Use light milky cleanser or beauty bar. **Warm days:** Switch to oil-free cleanser.

**A.M.:** Apply lightweight lotion to cheeks and other dry spots; in warm weather try an oil-free gel.

**P.M.:** Pat a lightweight cream (one that lists water as its first ingredient) on dry areas only.

Exfoliate with grainy scrub 2X weekly. Apply clay-based mask to T-zone; herb-extract mask on cheeks to hydrate. Spritz cheeks as needed during day. Use AHA lotion morning and night.

**dry**

*Tiny pores, flake-prone, occasional tautness.*

**Cool days:** Go for rich milky cleanser or rinsable cold cream. **Warm days:** Try light milky cleanser or beauty bar.

**A.M.:** Apply a rich lotion or cream, going with a lighter formulation in warm weather.

**P.M.:** Use a heavy cream for extra moisture holding.

Gently exfoliate flakes and dull skin with a gel-based scrub once a week. Hydrate 1X a week with a water-based moisturizing mask. Spritz during day whenever skin feels tight. Use AHA cream morning and night.

## glossary

**Antioxidants:** substances (e.g., vitamins C, E and beta carotene) that bond with free radicals, neutralizing their damaging effects. In moisturizers and sunscreens.

**Free radicals:** highly unstable molecules in and on skin thought to contribute to aging. They damage cells' support structure, causing sagging and wrinkling.

**Glycolic acid:** alpha-hydroxy acid found in sugar cane; its small molecules penetrate skin easily.

**Humectant:** substance that draws moisture from air to the skin. Glycerin is one moisturizer with this property.

**Hyaluronic acid:** a carbohydrate in the dermis that binds water to skin; found in many new moisturizers.

**Lactic acid:** alpha-hydroxy acid found in milk.

**Liposomes:** microscopic capsules holding moisturizer that may act as tiny "delivery systems" to skin.

**Retinoic acid:** topical acne medication derived from vitamin A (brand name: Retin A); also used to promote cell turnover for less-lined, younger-looking skin.

**Salicylic acid:** chemical found in wintergreen and sweet birch that sloughs off dead skin cells; an ingredient in some cleansers, peels, acne solutions.

## Rx for skin



**OFFICE ENVIRONMENTS** can dry skin, so keep a water glass handy, tuck spritzer in drawer, run humidifier. **LATE NIGHT?**

Stick to your usual cleansing routine. In the A.M. splash face with cool water and take a lukewarm shower. Moisturize afterward: Dry skin makes you ap-

pear more tired. PMS can cause bloating, so drink lots of water, avoid salty foods—and skin will look fresher. Got a PIMPLE? Cleanse as usual, dab on calamine lotion. **CLIMATE** affects skin, so lavish on mois-

turizer in Midwest and Northeast winters; near face, wear a silk scarf instead of rough wool. In the arid Southwest, drink 10 glasses of H<sub>2</sub>O a day. Sunny West,

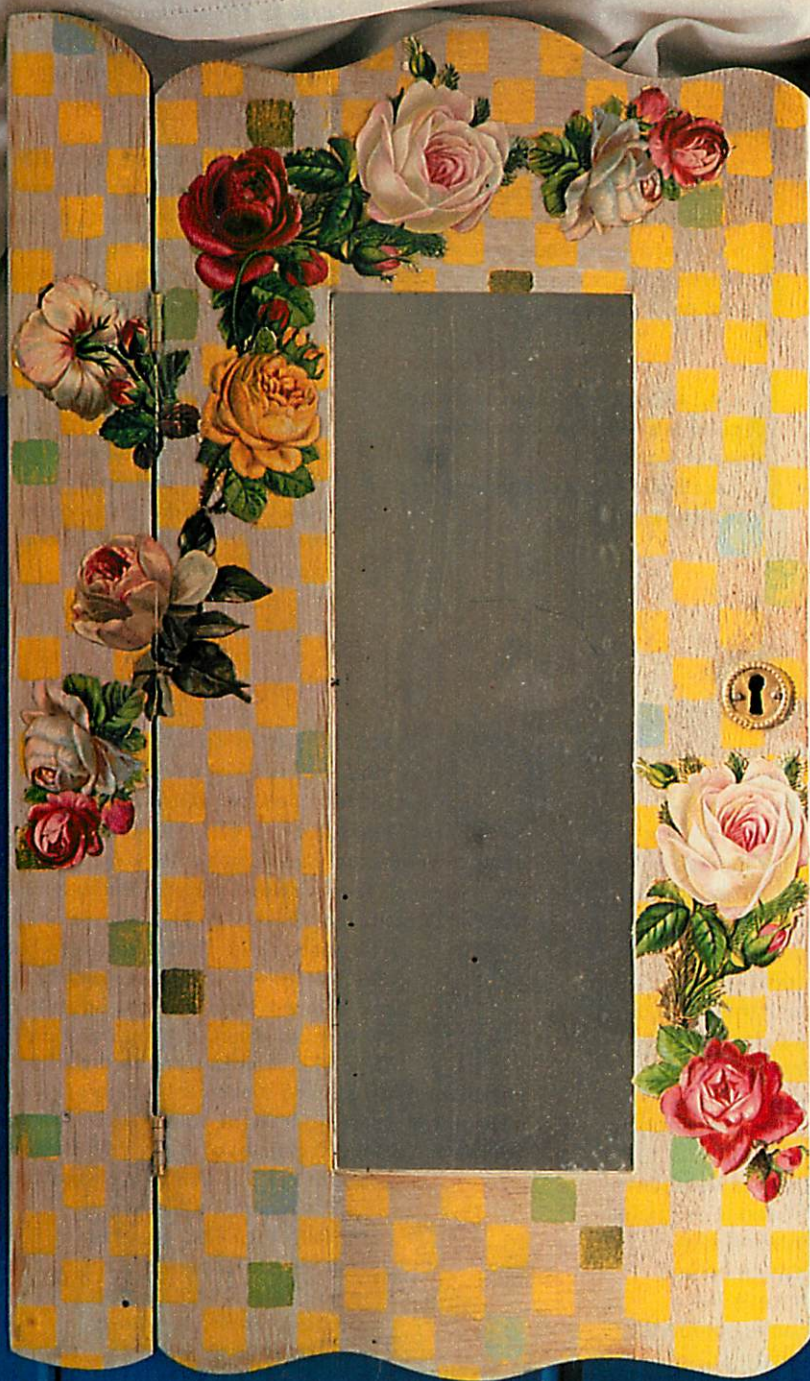
South call for sun block—and thorough cleansing on humid days.

**PLANE TRAVEL** parches skin, due to super-dry cab-in air. Tote a spritz bottle, drinking water, moisturizers for in-flight relief.



# c o u n t r y

Turn attic finds into beautiful heirloom pieces





# SKIN SOLUTIONS

## 5 Body Boosters

Successfully shaping up can hike your self-esteem:

● Cut down on fat—it may lift your mood, shows a landmark study at Oregon Health Sciences University. Members of 233 families reported they felt less depressed, anxious and hostile after lowering fat intake to 30 percent.

● Set mini-goals as you shape up—one more lap around the block, five more crunches, lift a heavier weight. Every time you meet one, you'll feel a sense of accomplishment, which fuels self-esteem.

● Keep your goals realistic by aiming for small changes in your body, rather than a dramatic redo of body type. For example, if you have a meso's muscular legs, you'll never be able to make them stick-thin, but you can slim them down proportionately.

● Walk, walk, walk everywhere. Just 15 minutes hikes levels of mood-boosting brain chemicals.

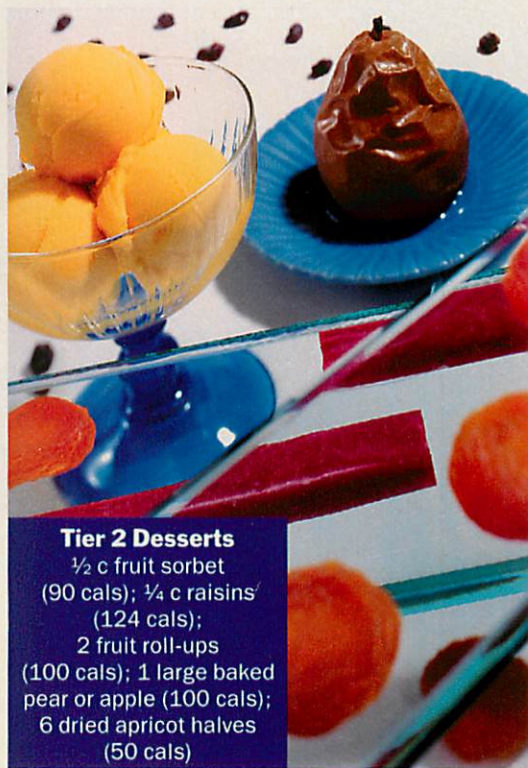
● Wear exercise gear that lets you appreciate the progress in your body—such as sleeveless tops that show off newly toned arms.

# snack and lose!



### Tier 1 Desserts

½ c fat-free frozen yogurt; 5 ginger snaps; 4 c air-popped popcorn; 1 oz baked tortilla chips; 9 mini-rice cakes; 9 pretzels (about 100 calories each)



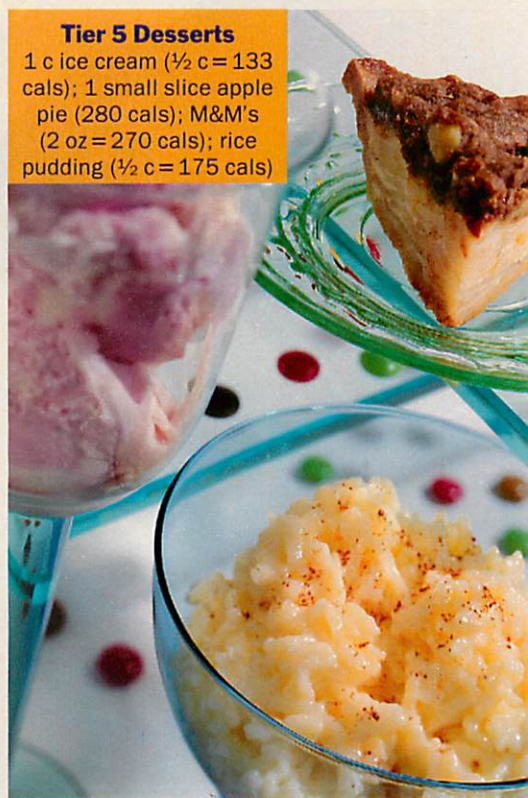
### Tier 2 Desserts

½ c fruit sorbet (90 cals); ¼ c raisins (124 cals); 2 fruit roll-ups (100 cals); 1 large baked pear or apple (100 cals); 6 dried apricot halves (50 cals)



### Tier 4 Desserts

5 oz low-fat yogurt; 1 large slice angel food cake; 2 oz jelly beans; 6 licorice sticks (about 200 calories each)



### Tier 5 Desserts

1 c ice cream (½ c = 133 cals); 1 small slice apple pie (280 cals); M&M's (2 oz = 270 cals); rice pudding (½ c = 175 cals)