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Get Your Glow On

Give your skin a morning pick-me-up with this shake recipe from nutritionist to-the-stars Oz Garcia, PhD.

INGREDIENTS:

- 2 scoops organic, rice-based protein powder
- 1 cup blueberries or mixed frozen berries (preferably organic)
- 1/2 cup plain probiotic yogurt
- 1 tsp flaxseed oil
- 1 tsp flaxseed powder
- 2 to 4 oz pomegranate juice
- Water and/or ice (as desired)

INSTRUCTIONS: Combine ingredients in a blender and voila!

Nutritional Bonus

The flaxseed oil and powder are packed with omega-3 fatty acids, which promote healthy, supple skin. Plus, pomegranate juice and blueberries keep skin looking younger.

Feed Your Skin

Six natural skin boosters that turn back the clock. BY ALLISON YOUNG

The battle against aging wages on, but instead of zapping wrinkles and age spots with chemicals and potions (for a change), fight the signs of aging the natural way — with food. By feeding your face vitamins, minerals and antioxidants, both from the inside out and the outside in, you can firm skin, guard against wrinkles and reverse the effects of Father Time.

Caviar

Bust out the beluga. The new, cool thing at high-end spas is the caviar facial. No, they don't actually slather fish eggs onto your face (oh, gross!); instead, they use a highly concentrated caviar extract (sans fishy smell). Why caviar? Made up of fat, protein, calcium and vitamin D, the extravagant eggs are "thought to help speed up the natural production of collagen, and in time help to plump up and thicken the skin to give a younger, firmer appearance," says Jody Alpert Levine, MD, dermatologist and co-founder of Plastic Surgery & Dermatology of New York City. No wonder Angelina Jolie is reportedly a fan of caviar facials.



Try it: No, we're not recommending that you eat caviar once a week. Instead, the next time you treat yourself to a spa day, check to see if they offer caviar treatments.

Dead Sea Salt

Dead Sea salt has been lauded since ancient times for its therapeutic powers — and now spas and skin-care companies are jumping on the bandwagon. The salt is packed with magnesium, calcium and potassium. Studies show that these minerals improve hydration and reduce inflammation, making them vital for healthy skin. "Dead Sea salts are renowned for their healing and therapeutic effects," says Dr. Levine. "High salt and

thus mineral content is wonderful for skin. It has been associated with moisture retention, slowing skin aging and improving tissue repair."

Try it: Eating too much salt could lead to dehydration and elevated blood pressure. Instead, soak in a tub sprinkled with Dead Sea salts and let your skin drink in the mineral goodness.

Milk

Milk really does do a body good. The calcium-rich drink, long touted for its bone-building properties, also contains vitamin A, a necessary nutrient for cell turnover, plus protein, lipids and amino acids, which all help to exfoliate and hydrate. Milk also offers lactic acid, shown to help protect against harmful ultraviolet rays, not to mention improve skin's texture. And as if that weren't enough, a Canadian study conducted at the Centre Hospitalier de l'Universite Laval in Montreal showed that two milk-derived proteins could speed up the skin's healing process.

Try it: Aim to consume 1 cup of vitamin A- and D-fortified fat-free milk per day, either on its own or in a protein shake. You can also opt for organic, lactose-free skim milk. For added benefits, pick up a lactic acid-infused cleansing milk or moisturizer, and your skin will thank you!

Oatmeal

Remember when you had chicken pox in third grade and your mom gave you an oatmeal bath? Well, that's because natural oatmeal relieves itching and acts as an anti-inflammatory. Oats also contain wrinkle fighters selenium and vitamin E, as well as cellulose, fiber and linoleic acid, which help soften skin from both the outside in and the inside out. "Oatmeal, especially slow-cooked, is a good source of low-glycemic, low-fat carbohydrates that can help prevent wrinkles and skin thinning," says Melina Jampolis, MD, a physician, nutritionist and creator of Dr. Melina Protein Bars.

Try it: Avoid instant oatmeal packets, which contain added sugar and salt, in favor of 1/2 cup of cooked old-fashioned oats sweetened with a touch of honey — a daily feast for your skin and the perfect clean-eating breakfast. Or get hands-on and slather your skin with an oatmeal-infused moisturizer. (You may want to go oil-free when it's humid.)

Green Tea

The magical ingredients in green tea are compounds called polyphenols, powerful antioxidants that double as anti-inflammatories (a.k.a. anti-agers). "Green tea has the highest concentration of active polyphenol antioxidants, [more] than any other source," says Dr. Levine.

"The antioxidants prevent oxidation, which damages collagen and elastin, resulting in fine lines, wrinkles and sagging skin." What's more, studies show that green tea may reduce psoriasis (when used topically) and even possibly ward off skin cancer. Cheers to that!

Try it: One cup of green tea contains about 80 to 100 milligrams of polyphenols and 50 milligrams of caffeine — it varies depending on the strength of the tea and the size of the cup. Yes, that's less caffeine than black tea or coffee, but not an excuse to drink more than 4 cups a day.

Avocado

Avocados are full of age-defiers. We're talking antioxidants like vitamins C and E, as well as skin-firming potassium (an avocado has more potassium than a medium banana). And, as if you need another excuse to eat guacamole, the good fat found in avocados helps improve skin texture and appearance, says Dr. Jampolis.

Try it: Avocados are high in monounsaturated fat (good for your skin!), but they're also high in calories. A 1-ounce serving (about 2 tablespoons) contains 50 calories and 4.5 grams of total fat — so don't overindulge.

Feed Your Face With These Nourishing Products

							
AHAVA DEAD SEA LIQUID SALT, \$18. Concentrated minerals straight from the Dead Sea stimulate and detoxify skin cells. ahavaus.com	NU SKIN 180° AHA FACIAL PEEL AND NEUTRALIZER, \$57. Sweep away dull skin with this 10% lactic acid formula. nuskin.com	AVEENO MOISTURIZING BAR FOR DRY SKIN, \$3. Containing no soap, this combo of oatmeal and moisturizers cleans and softens skin. drugstore.com	FLOWERS BY CHOCOLATE SUN ULTRA LITE FACIAL MOISTURIZER, \$35. Loaded with green tea, this antioxidant powerhouse helps protect skin from free radicals. flowersorganics.net	BLISS FATGIRLSLIM, \$29. Caffeine is the main ingredient in this cellulite-reducing cream. blissworld.com	KORRES THYME HONEY MASK, \$27. Honey helps seal in moisture and nutrients to deeply hydrate skin. sephora.com	KIEHL'S CREAMY EYE TREATMENT WITH AVOCADO, \$25. The avocado oil in this gentle moisturizer soothes and hydrates the delicate eye area. kiehls.com	DR. ANDREW WEIL FOR ORIGINS PLANTIDOTE MEGA-MUSHROOM FACE SERUM, \$65. Restore skin's radiance with the help of mushrooms, ginger and turmeric. origins.com