

# *20 Tips for Great-Looking Skin*

Just for fun.

By Cara Day, M.A., C.E.C.

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The truly excellent thing about nearly all of the recommendations made here for maintaining great-looking skin is that many of them also top the list of ways to prevent cancer. So, even if looking young isn't at the top of your priorities, creating a healthy, balanced, and centered life can be an additional by-product of these tips. People often ask me about my skin, so here's a personal, fun e-book about some ideas you might consider if you're interested in practical suggestions (from a non-medical person) for great-looking skin.

Here they are, in no particular order:

**1. Genetics:** This is the one we cannot control, and naturally we all have different pigment, elasticity, tone, and aging genetics that are beyond our control. Although we cannot control what we are given at birth, we can do many things to keep our skin looking great longer, or shorten its "youth" considerably.

**2. Sun:** Use hats and sunscreen whenever you're in direct sun. Always. Sunscreen is great for preventing sun damage, but it's also being linked to cancer because of the chemicals it contains. Although typically recommended for anti-aging, I don't wear a daily sunscreen because of this fact, but rather layer my make-up to provide protection, in addition to staying out of the sun in general, and wearing a hat when I am. If it's going to be sunny, be sure to have a hat handy. For my outdoor run a few days each week, I wear sunscreen and a baseball cap, but wash the sunscreen off completely just after. Also, it's good to consider your neck, chest and hands to be part of your face--do the recommendations with all three areas.

**3. Sleep:** At least 7 - 8 hours per night creates tight pores, even tone, and an overall glow. Sleep deprivation, especially over an extended period of time, or worse yet, a lifetime, can have serious deleterious effects on your skin, not to mention mental and physical health. Look forward to upcoming articles and a video about ways to cultivate and commit to sound sleep.



**4. Exercise:** The current recommendation is to exercise 45 - 60 minutes, 6 days per week by those in the know. Not only does this allow you to eat what you want and look great, it also fixes your skin. When your cells release toxins through exercise, the results are highly visible on your face!

This exercise needs to be fairly intense. This is not a walk-in-the-park, or a busy hour spent cleaning the house. This is a cardiovascular workout such as running, vigorous hiking, cycling, P90X, cardio circuit-training, an intense class, swimming laps, or using the stairmaster. When you're done, you're wet from sweat from head to toe. For information about how to exercise your whole life through, read the articles on this site, [Form-Spirit Match](#), and member-only [Ten Ways to Trick Yourself into Exercising Everyday](#).

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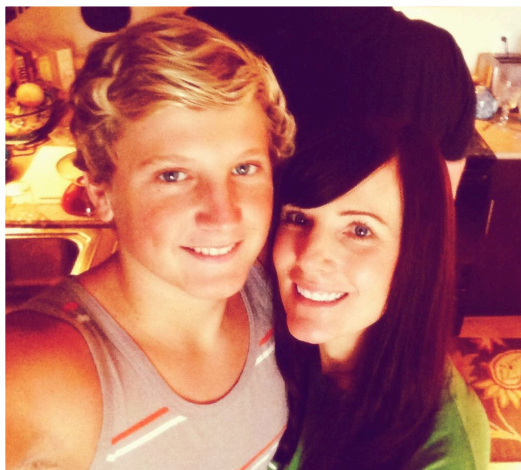
**5. Shiseido:** Future Solutions: Total Revitalizing Cream (link in the Product List below) is a great day and night cream (NOT the LX version, just the plain version). It's a pretty penny (about \$235 for a container that lasts about 2-3 months), but when you consider the fact that you can cover up your entire body with clothes as you age with the exception of your face, it's worth it.

You can use a very small amount under your make-up in the daytime, and a generous amount at night (again, neck and chest included). Smooth any remaining cream into your hands--another area to take special care of. There are reports that the cream you use doesn't matter, that all creams are the same, that cheaper creams work just as well as more expensive ones--this is simply not true. The cheaper creams FILL your pores with something that sits in your skin. It's gross. If you use these cheap creams long enough, and then stop, watch out. You'll look worse than you did when you started. If you look close enough at the thinner areas of your skin, such as under your eyes, you can even see little white dots, which is the residue from these low-quality creams.

Shiseido helps your skin regenerate itself. The cheaper creams that say they are "regenerating" are not. They are just filling. The other expensive lines have been equally disappointing. So, for me, Shiseido comes out on top!



**6. Don't Do Mattress Face:** Another secret is to not sleep with your face on the pillow or mattress. When you are young, if you sleep with your face squished into the pillow or mattress, your skin springs back. But as you age (especially after 35) and lose collagen, this stops happening and gradually those sleep wrinkles become permanent. You can sleep on your back or put your hand on the upperside of your head between you and the pillow if you're on your side, so your face literally never touches the pillow. Once you get used to it, it becomes a habit, even while you're sleeping, as crazy as that sounds.



Me and my son, Thomas, age 16.  
January 2014. #no make-up



Me and my daughter, Mackenzie, age 18. I'm 44.  
May 2014.

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June 2014

**7. Ivory Liquid Soap (the clear kind):** This one is going to make my Shisheido rep cringe. This product has been on my face twice a day since age 15. Here's why. When I was on my search for the perfect face cream (Shisheido) about 15 years ago, the reps from the various lines would tell me how awful Ivory is for your skin. I would say, yes, but anything else irritates my skin, or causes pimples. The rep would swear that her cleanser would not, I would try it, and, inevitably, it did. So, this could be something that is just me, but Ivory really cleans skin. It is soap.

It also completely removes eye make-up (see #9) unlike anything else, with no skin pulling or loss of eyelashes. Your eyelashes are given the chance to get very long! A credit to ivory. It can keep skin pimple-free, clean, and smooth, regardless of how much make-up and sweat are forced upon it! It may be too drying for some, but it might be worth a try. It's also just \$2.69 at the grocery store. You can also order it online on Amazon in a 6-pack of the larger refill bottles and this lasts a very long time.



**8. Clarisonic:** The Clarisonic facial washer says it removes six times more dirt from your face than washing without it. It makes sense that if all the make-up and grime are off your face, anything you put on after cleansing is going to create more benefit. The manufacturer's recommendation is to use it twice each day. I use it only once, at night, and am always happy to see it doing its job.

**9. Remove make-up EVERY night:** No matter how late it is, how tired or out of sorts you are, wash all of your face and eye make-up every single night. I leave not a trace of eye make-up, courtesy of my friend Ivory. This is a big one.

**10. Don't touch your face with your hands (um, ever):** This means not leaning on your hands with your chin or forehead, or pulling or touching your skin with your hands in any way, which many people do when they are sitting at a table or talking. Use a tissue if you need to touch your face, and your hands only when cleansing. Even if you're not digging in a garden, hands are super dirty and can lead to acne. Also, we tend to pull our skin when we touch it with our fingers. Use a cotton ball or pad, or a tissue if you must touch your face.

**11. Overall stress level:** When you are stressed, cortisol and adrenaline are released in your body. These are not good for pretty skin. There are many articles on this site that relate to creating an authentic, balance life and learning ways to bring meditation and silence into daily life. Twin studies have been conducted showing how identical twins aged differently depending on how well they were able to manage stress, among other factors, throughout their lives. The pictures speak for themselves, check it out here: [http://www.msnbc.msn.com/id/33385839/ns/health-skin\\_and\\_beauty/t/twin-study-reveals-secrets-looking-younger/](http://www.msnbc.msn.com/id/33385839/ns/health-skin_and_beauty/t/twin-study-reveals-secrets-looking-younger/)

**12. Caffeine:** Caffeine is a diuretic, and that, of course, will show up on your face, so eliminating or limiting it to a small amount, is a good idea. Water is a great drink for health and beautiful skin.

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**13. Water and nutrition:** Since our bodies are approximately 60 percent water, it's important to drink it throughout the day to replenish that of which we are made! Squeezing ample organic lemon into it helps, too. It's also important to eat foods that come out of the ground, or from a tree, or that are otherwise natural. Eating chemicals and processed foods creates one more thing your poor skin cells have to deal with. I eat fruit in the morning, some cottage cheese with blueberries, then half an avocado filled with white bean hummus, a banana, a grapefruit, some whole wheat pita chips, some fish or chicken, some asparagus with yogurt sauce, a hard-boiled egg, a small glass of milk, raw bok choy, beets from the slow-cooker, homemade organic chili, and similar foods. It's all organic because I'd rather skimp on other things, but not on the food I buy for me and the people I love. When I choose these food items, I can eat all day, a little bit each hour. I never feel hungry. Once you start eating primarily whole, organic foods, processed foods no longer as taste good, and this makes them much easier to avoid. Or, I have found I'm good with just a bite, whereas before I would have wanted to eat the whole thing. I shoot for a 90:10 ratio of whole foods to "whatever I want."

**14. Alcohol:** The recommendations for reducing cancer risk mirror my personal recommendation for great-looking skin--that is, about 7 drinks or less per week. Alcohol dehydrates you and, even more importantly, interferes with sleep, reducing the level of melatonin that is released and the quality of cell repair while you sleep, as well as frequently waking you up or causing a more restless sleep, even if you're not aware of it. Overall, not a great formula for pretty skin. Additionally, the liver affects overall collagen levels in the skin, so a healthy liver is good to maintain.

**15. Smoking:** I don't have experience as a smoker, but there is considerable research that suggests smoking causes significant wrinkling and advanced aging, among the many other deleterious effects.

**16. Foundation Make-up:** Foundation make-up provides a more even-looking complexion while it helps moisturize and cover the skin, adding a layer of protection from the sun. Personally, I wear, in this order, Shiseido Future Solution (small amount), Loreal Paris Magic BB Cream, sometimes a primer, foundation, and Loreal Paris powder, then all my other make-up (blush, mascara, etc). None of these products has a sunscreen, but it's essentially four or five layers of protection.

**17. Obagi Retin A routine:** The Obagi 3 brightener and Obagi 5 with Retin A is a Retin A product that helps the skin regenerate itself. It seems to tighten pores by helping your skin regenerate itself more rapidly than it does naturally, giving it a more youthful glow! Be careful not too use it so frequently that your skin becomes overly red or irritated.



**18. Window shade:** Putting a window shade in the driver window of your car so as to keep that bit of sun off your face for extended periods while driving is a great idea. You can also hold something up or to put a small towel into the top of the window to completely block the sun out.

**19. Facial:** Having a monthly facial is a fun way to learn about new masks. Mini-peels and micro-dermabrasion are also typically offered and can provide a great pick-me-up before a special event.

**20. Needlework:** I haven't started things with needles yet, but from looking around at some of my friends, injections offer quick and effective results. Also, many people are now doing "preventative" needle work (such as botox), which is an interesting idea that makes a lot of sense in some ways. The idea is that by starting early, you can prevent the deep groove wrinkles in certain areas from forming in the first place.

A product list follows. If you have questions or comments, please share in the comments section! Or, email me directly at [caraday@daychild.org](mailto:caraday@daychild.org). I would love to respond to your ideas or questions.



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### **Product List:**

#### **1. Ivory Liquid Pump Soap:**

Regular size: [http://www.amazon.com/Ivory-Liquid-Clear-Hand-Soap/dp/B000KBDEOI/ref=sr\\_1\\_1?ie=UTF8&qid=1418738364&sr=8-1&keywords=ivory+pump+soap](http://www.amazon.com/Ivory-Liquid-Clear-Hand-Soap/dp/B000KBDEOI/ref=sr_1_1?ie=UTF8&qid=1418738364&sr=8-1&keywords=ivory+pump+soap)

Refill: [http://www.amazon.com/Ivory-Liquid-Clear-Refill-Ounces/dp/B000FK5TDS/ref=sr\\_1\\_2?ie=UTF8&qid=1418738328&sr=8-2&keywords=ivory+pump+soap](http://www.amazon.com/Ivory-Liquid-Clear-Refill-Ounces/dp/B000FK5TDS/ref=sr_1_2?ie=UTF8&qid=1418738328&sr=8-2&keywords=ivory+pump+soap)

**2. Shiseido Future Solution Total Revitalizing Cream:** (Remember, NOT LX or any fancy version--they will always try to sell you the new LX version. Just say no! You may have to say "no" twice!) It's at major department stores and sometimes you can find it on Amazon.

[http://www.shiseido.com/skincare/moisturizer/skincare-moisturizer,en\\_US,sc.html&forceProducthits&start=24&sz=12](http://www.shiseido.com/skincare/moisturizer/skincare-moisturizer,en_US,sc.html&forceProducthits&start=24&sz=12)

Here is it on Amazon for \$20 less:

[http://www.amazon.com/Shiseido-Future-Solution-Total-Revitalizing/dp/B0012UCOHE/ref=sr\\_1\\_3?ie=UTF8&qid=1418738842&sr=8-3&keywords=future+solution](http://www.amazon.com/Shiseido-Future-Solution-Total-Revitalizing/dp/B0012UCOHE/ref=sr_1_3?ie=UTF8&qid=1418738842&sr=8-3&keywords=future+solution)

**3. L'Oreal Paris Magic Skin Beautifier BB Cream:** (I love this! If I could only use one item of make-up each day, this would be it.)

[http://www.amazon.com/L'Oreal-Paris-Beautifier-Light-Ounces/dp/B0084A5PVM/ref=sr\\_1\\_1?ie=UTF8&qid=1418738682&sr=8-1&keywords=loreal+bb+cream+light](http://www.amazon.com/L'Oreal-Paris-Beautifier-Light-Ounces/dp/B0084A5PVM/ref=sr_1_1?ie=UTF8&qid=1418738682&sr=8-1&keywords=loreal+bb+cream+light)

#### **4. L'Oreal Paris True Match Powder:**

[http://www.amazon.com/s/ref=nb\\_sb\\_noss\\_1?url=search-alias%3Daps&field-keywords=loreal%20powder&prefix=loreal+po%2Caps](http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=loreal%20powder&prefix=loreal+po%2Caps)

**5. Window shade:** This is not the be-all-end-all window shade, but it works well enough. They are inexpensive so when they stop adhering, you can pick up new ones.

[http://www.amazon.com/BRICA-Open-Cling-Window-Shade/dp/B00B7M7BN4/ref=sr\\_1\\_5?ie=UTF8&qid=1418740926&sr=8-5&keywords=car+window+shade](http://www.amazon.com/BRICA-Open-Cling-Window-Shade/dp/B00B7M7BN4/ref=sr_1_5?ie=UTF8&qid=1418740926&sr=8-5&keywords=car+window+shade)

Some other videos, e-books, and articles available at Daychild:

## **Videos and e-books:**

The Choice Chart Behavior Management System: Parts 1 - 6

The Multiplier and Divider Rules: Tools for Self-Regulation and Basic Manners

Rapid Behavior-Shapers: Parts 1 - 4

## **E-books:**

The Chit-Chat: A communication tool

Winning Ways to Speak

I Am a Happy Kid

Integrity Lessons, 1- 10: Character Development for All Ages

## **Resources:**

Ten Ways to Trick Yourself into Exercising Everyday

How to Anchor Two People

Ten Reasons Your Stepchild Doesn't Like You, And 10 Winning Ways to Respond

There are many Free and Member videos, e-books, and resources available at Daychild.org. Annual membership is introductory-priced at Super Cheap! Sign-up now to enjoy this special rate. Your membership helps us make more videos, e-books, and resources for you, and we appreciate YOU!