

# 1 minute to younger skin

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# Younger, Smoother Skin

Give your body the TLC you deserve with this smart advice.

**A** teenager's skin cells turn over every 21 to 28 days, which is why her complexion looks dewy and fresh. In your 30s and 40s, however, cell renewal slows, and after age 50, it can take between 40 and 80 days to bring healthy cells to the surface. The result?

A buildup of dry skin that makes your body feel rough. Luckily, you can uncover your glow—here's how.

**DIY SCRUB**  
Combine 1 Tbsp baking soda with 1 tsp water. Gently rub on this exfoliating paste, then rinse.

☞ **Boost your radiance**  
To instantly reveal new skin cells and promote a healthy tone, exfoliate at least twice a week with a mildly abrasive scrub. This is the quickest way to buff away the top layer of dead skin. The added benefit: Your skin will better absorb the hydrating ingredients in body creams.

☞ **Protect with antioxidants**  
Free radicals—molecules that are produced by the body when skin is exposed to the sun, tobacco smoke, pollution or stress—also cause roughness. To neutralize their effects and repair the damage, apply body lotions that contain antioxidants like vitamins C and E, green tea or grapeseed oil.

## THE BEST BODY SCRUB

Angie Schmitt, Hot & Flashy blogger and WD's product tester, tried the latest scrubs. Here's her top pick.



“I faithfully apply moisturizer, but that isn't always enough to keep my skin smooth—especially my hands. Adding an exfoliant to my routine gave me brighter skin and a mini-spa experience!”

Soap & Glory Flake Away Body Polish, \$15, [ulta.com](http://ulta.com)

### My initial reaction...

Yum! It's formulated with sea salt, sugar and almond oil, a few of my favorites.

### My experience...

I used the scrub on the backs of my arms, legs, feet and hands twice a week for a month. It smells great (not too sweet!), and the pretty packaging added a fun element to my bathroom.

### What I loved...

The shea butter allowed me to use less moisturizer after my shower.

» Visit Angie's Hot & Flashy blog for more tips: [hotandflashy50.com](http://hotandflashy50.com)

One-minute fix for younger skin!

