

Beauty Basics

Putting Your Best Face Forward

(NAPS)—A nutrient that helps flowers resist the sun is being seen in a whole new light.

A study found that the nutrient, called lutein, has exceptional benefits for skin on the face, neck and hands when combined with the natural antioxidant, zeaxanthin.

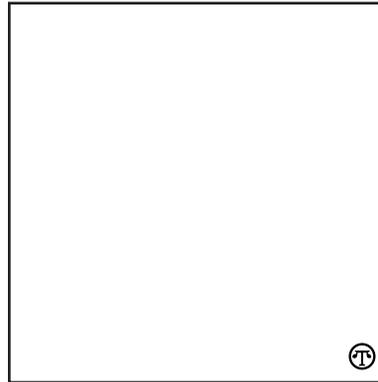
When taken orally and used topically, the nutrients were shown to increase skin elasticity by 20 percent, hydration by 60 percent and surface lipids by 50 percent, helping to dramatically reduce wrinkles and the visible signs of aging.

“This breakthrough research provides strong new evidence of lutein’s positive role in promoting skin health,” explains Dr. Pierfrancesco Morganti, professor of applied cosmetic dermatology, University of Naples, Italy.

Loading Up On Lutein

You can find lutein in leafy green vegetables such as spinach and kale, as well as in products such as NuriSkin Naturals Age-Defying Skincare System. The line includes an AM daily defense cream with SPF 30, a rejuvenating PM cream and a dietary supplement.

The system, which comes with a money-back guarantee, uses what’s known as an L/Z-400 Complex (a mix of lutein and zeaxanthin) to stimulate the skin’s own renewal process and help defend against the effects of sunlight, pollution and stress—effects that can often lead to wrinkles.



A nutrient found in kale and spinach could help keep skin looking healthy and young.

In fact, NuriSkin claims the product line adds smoothness, improves skin tone and helps reduce signs of aging with the first application, and that users will see a dramatic difference within 30 days of use.

Healthy Habits

Of course, getting back to the basics of skin care will have an effect, too. Doctors still say to drink plenty of water each day, since skin tends to quickly show signs of dehydration. Also, plenty of sleep is important, as is diet and exercise. But for many people, adding a dose of lutein and zeaxanthin to their regimen could also be just what the doctor—or dermatologist—ordered.

For more information, visit Web site to come.

Did You Know?

A product line called NuriSkin Naturals Age-Defying Skincare System combines two nutrients clinically shown to reduce wrinkles and improve the look and feel of skin. Its manufacturer claims the system will reduce signs of aging with the first application.

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