



How to Make Your Skin Look Vibrant



Want your skin to look refreshed and vibrant? The answer may be simpler than you think: try infusing your life with more happiness!

Stress has a negative impact on your skin and your body. Think of those frown lines around your lips, the crow's feet around your eyes, and those little indentations across your forehead as the

Anxious moments can cause an increase of stress hormones in your body. The result, according to Dr. David Bank, is a possible decrease in the production of something called hyaluronic acid, and this can lead to an increase in breakouts, skin rashes and dry skin. Dr. Bank is a board certified dermatologist and the author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age*. He said that in addition to causing an increase of stress hormones, blood vessels could constrict and cause your complexion to look dull and sallow. "With increased stress, sleep may decrease which may also cause dark circles under the eyes," he said.

Dr. Bank said: "Happiness leads to increased endorphins which leads to increased skin cell turnover, maturation and differentiation."

Simply put, happiness matters.

Wouldn't it be nice if you could just sing your way to happiness and your skin would look flawless? While singing a song might help put you in a better mood, you should take a look at ways to help reduce stress in your life. Dr. Bank offer three fixes worth trying:

- Exercise regularly.
- Get plenty of sleep.
- Take care of your skin.

Amanda Stoker, a skin expert and licensed esthetician, explained that even something as basic as having positive or negative thoughts could affect your skin at a cellular level. Imagine your emotions radiating from your skin. "When we are happy, we are encouraging healthy cells to grow, the catabolic process slows and anabolic speeds up," she said. "There have been studies done demonstrating this with water and plants where the organism is looked at under a microscope after positive words are said then negative. There is an astonishing difference! When positive words were said, the cells looked round, plump and healthy. When negative words were said, the cells were sparse and looked like shriveled balloons. Happiness and positive thinking keeps our cells plump and healthy as well."

If you're looking for ways to help you stay mindful of the happier moments in your life, opportunities abound. You could start by keeping a *gratitude journal*. Take a moment every day to jot down something that you are grateful for in your life. If pen and paper aren't your thing, you can use an app like *Happier*, where you post and share happy moments from your day. Or sign up for the *100 Days of Happy Challenge*, where you snap one photo every day for 100 days, of something that made you happy. Want to see if it makes a difference in your facial complexion? Snap a photo at the start and end of the 100 day challenge (just keep in mind you'll also need to track sleep and those other things that can cause your skin to flare).

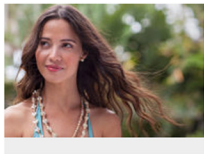
Or you could just look at photos of adorable puppies!

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Stress has a negative impact on your skin and your body. Think of those frown lines around your lips, the crow's feet around your eyes, and those little indentations across your forehead as the accumulated result of stressful moments in your life.

Anxious moments can cause an increase of stress hormones in your body. The result, according to Dr. David Bank, is a possible decrease in the production of something called hyaluronic acid, and this can lead to an increase in breakouts, skin rashes and dry skin. Dr. Bank is a board certified dermatologist and the author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age*. He said that in addition to causing an increase of stress hormones, blood vessels could constrict and cause your complexion to look dull and sallow. "With increased stress, sleep may decrease which may also cause dark circles under the eyes," he said.

So does happiness impact your skin? You bet!