

# THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

OUTLET: WOMEN'S WORLD

DATE: APRIL 28, 2014

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God Bless America

## Woman's World

More for your money! \$1.79

**BLOCK AGE-RELATED FAT!** Eat "fattening" nuts to stay 62% slimmer!

New research!  
**RED WINE PREVENTS ALZHEIMER'S!**

**CRAFT UP SOME CUTE!** Turn a work glove into cheery chicks!

**BEAT SUGAR CRAVINGS** with vanilla extract!

**Home-baked bliss!** Our prettiest, yummiest cupcakes ever!

**DR. OZ Rx:**  
The mineral that will  
**MELT YOUR BELLY FAT!**

**Lose 12 lbs and 4" this week!**

**BONUS BRITISH BREAKTHROUGH!** Bathe away belly bulge!

**GET CASH FOR CLUTTER!** Here's where to sell yours...

**STRESS-FREE** in 5 minutes!

Play this music on your car stereo to **SAVE ON GAS!**

**Revitalize your décolletage** with a gotu kola cream!

For a beautiful décolletage, try massaging your chest with a gotu kola cream (such as GotuKola-72 Neck and Décolletage Smoothing Cream, \$14.95, Sephora.com). Rich in skin-nourishing vitamins and minerals, as well as a natural chemical that stimulates collagen production, gotu kola makes skin firmer, brighter and softer. No wonder traditional Asian medicine doctors refer to it as the "fountain of youth" herb!

It works from the inside out, too! Gotu kola supplement (50 mg-250 mg, taken 3-5 times a day), or a cup of gotu kola tea, also improves skin and prevents premature aging!

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## Head-to-toe

These easy, effective beauty treatments every inch of you smooth, soft and young!

**Revive your hands with olive oil!**

"Because your hands are exposed to the sun's rays 365 days of the year, they're particularly prone to dryness and premature aging," says dermatologist David Bank, M.D. To keep yours youthful, try this insider secret from a top hand model: "I keep a tiny spray bottle filled with olive oil near my kitchen sink—and in my purse—and I mist it over my hands whenever I get the chance," says Ashly Covington. "Because the mist is fine, it doesn't make my hands greasy, but it's more hydrating than most hand creams!"

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## Soften your feet with a glycolic foot cream!

Over time, the skin on the feet—especially the heels—tends to become thick, rough and even cracked! "Lower hormone levels can lead to dry skin and an inability for the skin to naturally exfoliate itself," says Dr. Banks. His solution: A glycolic foot cream (such as Alpha Hydrox Extra Strength Deep Therapy Foot Cream, \$9.95). The gentle but penetrating acids help dissolve callouses and provide extra hydration. After showering, rub the cream over your heels and put on cotton socks.

## Smooth elbows with a lemon-sugar scrub!

Just used a lemon in the kitchen? Don't throw it away! Instead, sprinkle a packet of sugar on the cut fruit and rub it over your elbows! Constant flexing can make the skin on your elbows thick, rough and discolored. "Lemon juice helps reduce excess pigment, while the sugar exfoliates dead skin cells," Dr. Bank explains.

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## Feel beautiful!

**1. Find your body's natural glow.** A little bit of sun is a good thing, but too much can lead to skin damage. Wear your SPF 30 or higher sunscreen every day, and don't forget to reapply every two hours. When you're in the sun, wear a hat and sunglasses to protect your face and eyes. And don't forget to drink plenty of water to keep your skin hydrated.

**2. Get a flawless four-toned skin.** In a recent survey, 87% of women who use a four-toned foundation said they felt more confident and beautiful. To get the most out of your foundation, use a primer, a concealer, a foundation, and a powder. This way, you can get the best of all four worlds: a flawless, four-toned skin.

**3. A new way to "wash" your hair.** Have curly or very coarse hair? It's not just the hair, it's the scalp. Use a dry shampoo to keep your hair looking fresh and voluminous. Dry shampoo is a great way to keep your hair looking fresh and voluminous. It's a great way to keep your hair looking fresh and voluminous.