

4856
BEAUTY & SPARx Info-Bits

You're only as young as you eat. Avocados are rich in Omega-3 fatty acids, lecithin, phytosterold, carotenoids— they're practically a beauty crème, under that dark green rind! Raw honey

is loaded with vitamins and minerals, antioxidants, amino acids and anti-

inflammatory healing compounds; for smoother, softer skin. Blueberries are just teeming with skin-loving antioxidants and

anti-inflammatory properties; don't forget to add them to nutrient-rich fruit salads!

(<http://www.huffingtonpost.com/renee-loux/food-beauty-tips>, June 7, 2011)

TELL ME HOW YOU REALLY FEEL...

We all know that if you choose to go "under the needle," you will have to inform people when you are angry, sad, or whatever— but did you know that not being able to mirror someone else's feelings, means you won't be able to empathize with them? A study was published in *Social Psychological and Personality Science*, which concluded that Botox users can't understand what others are feeling, because they can't mimic their facial expressions. The toxin in Botox interferes with "embodied cognition," i.e., the process by which facial feedback helps you to perceive emotion. (*The New York Times*, June 19, 2011)

POREXIA: THE QUEST FOR FLAWLESS SKIN

Pores. They seem to grow with age— and you can't shrink 'em, you can only get them to look smaller, temporarily. You can extract and exfoliate, removing dead skin cells, chemically or with tiny grains; you can whip out a blackhead extractor called "Pores No More," which is essentially a facial vacuum cleaner, and have at it; you can go the distance and pay \$200-300 for an Isolaz treatment, which sucks out the debris and then finishes with a powerful light that shrinks the sebaceous gland.

To avoid large pores in the first place, slather on the sunscreen. Dr. Marta I. Rendon, a dermatologist in Florida warns that sun damage "leads to bigger-looking pores." (*The New York Times*, June 2, 2011)

Don't Sag, Lift

You've decided to go for that facelift. Well, before you address sagging skin, you may want to consider a study that was published in the *Journal of Plastic and Reconstructive Surgery* last year. Researchers measured length, width and angle of the jawbones of various age groups, and determined that the angle of the jawbone increases markedly with age, whereas jaw length and height decrease.

The loss of bony volume may contribute to sagging skin; reconstructive measures are worth considering, before going under the knife for a facelift. (*ScienceDaily*, April 19, 2010)

ANTI-AGING POPLAR

The *Journal of Agricultural and Food Chemistry* published the results of a study that was conducted to discover the anti-aging effects of poplar bud extract. Per Xavier Vitrac and colleagues, "The collective antioxidant properties and transcriptional effect of this extract suggest potential anti-aging properties which could be utilized in cosmetic and nutraceutical formulations."

So when you pick up your next jar of anti-aging face cream— don't be surprised to find poplar leaf buds to be one of the chief ingredients. (*ScienceDaily*, June 14, 2011)



Soothing Waters

The Aji Spa & Salon in Chandler, Arizona offers an indigenous water treatment called "Vachk," given in a pond built in the style of a roundhouse. You are massaged while being gently rocked, to loosen your spine and relax your muscles. A similar treatment can be enjoyed at The Golden Door in Carefree, Arizona, called "Watsu®." You are cradled by the therapist in a private outdoor pool, and with rhythmic movements and pressure point massage, a "dreamlike state of quietude" is achieved. The water allows for movements that are not possible on a traditional massage table.

I'm getting more relaxed, just writing about this... ;-) (<http://www.wildhorsepassresort.com/spa-wild-horse-pass.html>; http://www.theboulders.com/golden_door_spa/, accessed July, 2011)

THE FOUNTAIN OF YOUTH— IN YOUR FRIDGE!

