DOUBLE YOUR ENERGY!
85 Tips to Supercharge Your Life

FREE! Pullout Coloring Page p.96

Quick + Easy 1-Bowl Meals p.82

The Secret Language of Pets

PROBLEMS SOLVED
* Sore Throat
* Snoring
* Winter Blues
Some moisturizing products can help strengthen the skin’s barrier, while others can leave it weakened and vulnerable.

Picture the skin barrier as a brick wall, with the bricks being flattened skin cells, called keratinocytes, and the mortar being a mix of water, three essential fats (ceramides, free fatty acids, and cholesterol), and proteins. “To have a wall that’s functioning properly and doesn’t have holes, the bricks must be laid down neatly,” explains cosmetic dermatologist Rachael Eckel, “and the mortar needs to be a very specific concentration to stay solid.” Many commercial moisturizers don’t provide the mortar that the skin wall needs.

**TIME’S IMPACT**

Roughly 15% of people are born with genetically dry skin, with pores that are nearly invisible and a tendency to develop scaly patches, explains Eckel. But for many of the rest of us, we notice as we age that “something has changed in the skin that leads it to appear dry,” she says. That change is most often roughness, caused by a slowing of cell turnover that happens naturally with age, starting in the mid-20s and gradually increasing over time. Key changes are especially likely to kick in at about age 50, when the skin’s slightly acidic pH can become disrupted after years of

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**THE LIFESTYLE EFFECT**

“Healthy skin is not just about skin care but also about diet and lifestyle,” says Whitney Bowe, a clinical assistant professor of dermatology at Mount Sinai Medical Center. To help maintain skin function from the inside out:

- Eat a diet rich in omega-3 fatty acids from foods like salmon, flaxseed, walnuts, and olive oil. “Omega-3s will ensure that your cell membranes are functioning optimally, trapping moisture in the skin,” Bowe says.
- Manage stress, which increases cortisol levels and can damage the skin’s barrier.
- Get 7 to 8 hours of sleep, because too few z’s can also hike barrier-busting cortisol levels.
- Exercise regularly to keep a steady supply of blood and nutrients flowing to the skin.
- Make water your beverage of choice. “The body sends water to vital organs first, then to the skin,” says cosmetic dermatologist Rachael Eckel. “So if you don’t drink enough, your skin gets shortchanged.”