

Healthy Body, Healthy Skin

Exercise is great for glowing skin, but follow these tips after outdoor activity

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AS AN AVID CYCLIST, I spend a lot of time outdoors year-round in a variety of climates, including some that are dry and hot. While exposed skin can take a beating from the elements, it can benefit from them as well. The rewards of exercise extend far beyond slimming down or adding muscle tone.

- Exercise promotes blood flow which carries nutrients to the skin cells that help

repair skin damaged by the sun and environmental pollutants. Nutrients also increase the skin's collagen production to help fight off wrinkles.

- Improved circulation gives skin a natural healthy glow and helps reduce inflammation.
- Exercise also tends to reduce stress, which can be a factor in certain skin conditions; lower stress levels can lessen the effects of skin breakouts.
- While exercising, we tend to drink more water, which keeps our skin and body hydrated, leading to a more supple, radiant complexion.
- Regular exercise promotes better sleep, which has a direct correlation to a healthier looking complexion.
- Exercise fosters a systematic release of toxins from the body, minimizing the chance of clogged pores that could cause a variety of unwanted skin conditions.

Just as the body needs to be nourished and hydrated with food and water pre- and post- exercise, the skin requires careful attention after outdoor activity. With the plethora of products available, more and more athletes are opting for seasonal skin-care regimens that are natural, organic and proven to be effective — a great way to care



for the skin and the planet at the same time.

A few must-haves for outdoor athletes include:

- Soothing lip salve to keep lips supple and, when necessary, to repair them from sunburn, windburn or other ailments inflicted by harsh conditions. It's an easy item to keep on-hand during a variety of outdoor activities.
- Gentle purifying cleanser to use before and after outdoor activities to keep skin clean and pores free of excess dirt and oil. A light, refreshing, foaming cleanser will leave skin with a soft matte finish and extend the skin's healthy, radiant glow post-workout.
- Hydrating toner to close pores, restore moisture, soften skin, and protect skin from the elements of the outdoors. You should apply toners after using a gentle cleanser.
- Seed oil capsules filled with organic plant seed and essential oils, which provide intense moisture for the skin in a perfect dose. Seed oil capsules are for individual use, making them ideal for travel or as a gym bag essential. Simply open a capsule and massage its oils onto your face for smooth, textured skin and a healthy, even tone.
- A soothing, moisturizing cream to comfort and treat any post-exercise blotchiness. A soothing cream will help reduce inflammation and redness for a calm, even tone.
- Sunscreen to protect the skin from harmful and potentially cancer-causing rays.
- An all-natural deodorant, free of parabens and aluminum, to keep skin feeling fresh all day.
- Body polish to exfoliate dry, overexposed skin and stimulate circulation — recommended twice weekly.

Making skincare a part of one's fitness regimen makes it more likely that skin will stay consistently healthy and balanced and will contribute to overall health.

Mark Wuttke is the founder of the premium skincare lines Amala (www.amalabeauty.com) and Primavera (www.primaveralife.com).

AZSAL RECOMMENDED SKINCARE PRODUCTS

1 ▶ **Yves Rocher Elixir 7.9 Youth Intensifier Serum** with 7 plants and 9 anti-aging patents, delivers all its concentrated power to your skin with one single drop. Boosts the anti-aging effectiveness of your usual skin care. \$48; www.yvesrocherusa.com

2 ▶ **Amala Detoxifying Body Polish** refreshes, smoothes and refines with organic Myrtle, celebrated for centuries for its deep cleansing benefits. The gently foaming gel-based body scrub infused with detoxifying sea salt and smoothing, antioxidant plant actives removes dead skin cells and helps stimulate circulation for noticeably smoother, more even-toned skin. \$26; www.amalabeauty.com

3 ▶ **RoC Retinol Correxion MAX Wrinkle Resurfacing System** is a two-step kit that stimulates the skin's natural process to provide younger-looking skin. Clinically proven to be up to four times more effective than a series of dermatologist peels. \$22.95; www.rocskincare.com

4 ▶ **Sebamed Olive Face & Body Wash** protects and soothes sensitive skin. A special care complex based on olive oil, provitamin B5, and botanical starch derivative counteracts the loss of lipids essential for retaining moisture. \$44.95; www.sebamedusa.com

