

eat right for beauty



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"A diet of organic fruits, vegetables and whole grains is a simple way to increase vitality, prevent premature aging and build a beautiful body from the inside out. The right types of fats, like olive oil and nuts, help promote healthy skin and hair. On the other hand, packaged and fast foods are loaded with artificial additives, salt, sugar and artificial sweeteners, which put stress on the body's liver and detoxification systems and can cause acne. Drinking water (half your body weight in ounces) every day is essential for preventing dehydration and dry skin."



t-shirt

For Michael Stars t-shirts, even sleep in easy. To find a tee that's longer, which, top, keep it simple option for those quality cotton, such For a fresh look to you have a splash of and at your hips."



grow your nails

Doug Schoon, vice president of science and technology, Creative Nail Design

"The bad news: How fast your nails grow and how strong they are depends almost entirely on genes, though eating right and regular exercise do help. The good news: If you weren't born with a perfect 10, there are ways to protect and strengthen your nails. Water is nails' worst enemy, so wear nitrile—not rubber—gloves when washing dishes. Use a daily nail conditioner with jojoba oil and vitamin E, such as Creative Nail's Solar Oil, to soften cuticles and strengthen nails. Also, polish—clear or color—will protect nails from breaking. It's a myth that nails need to breathe; polish makes nails stronger."

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