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Time tested secrets for beautiful skin

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For 30 years I've asked women with lovely skin for their beauty secrets. I've discovered the basic recipe for beautiful skin: Cleanse and moisturize morning and evening. Drink a lot of water. Protect from the sun. It's that simple.

Add to that: Never rub the skin around your eyes. Daily fresh air and exercise. A healthy diet. Facial exercises and facial massage. Masks and facial steams. Make these beauty secrets part of your self-care routine to help your skin keep it's young, vibrant glow.

Lisa Swift was a commercial pilot for 12 years. 'Forty something' Lisa is a wife and mother of two. I am amazed at Lisa's radiant, smooth complexion.

What's her secret? "Sleep helps. I drink a ton of water. I drink a glass of water first thing in the morning, and one before bed. Every day I drink a two liter bottle of seltzer water," Lisa says.

"For years and years, I've walked a lot. Exercise is always good for your skin.

"I live in lotion. I get out of the shower and the first thing on my body is lotion." Lisa also massages lotion on after she's in the water or sun.

"I wear moisturizer and foundation with sun screen," Lisa says. "As a kid, I was always in the sun. No sunscreen. I remember many sun burns. Now, I never, never grease up and just lay in the sun.

"I eat lots of fruits, vegetables, chicken and fish. I still eat pizza and some junk, but I'm pretty careful to eat well.

"I never, ever go to bed with make up on. I don't care how late it is or how tired I am, I always, always, *always* wash my face and moisturize."

Lisa uses a non-drying cleanser, moisturizer and eye cream. Simple, inexpensive and effective. She likes to treat herself to a spa facial massage every four to six weeks. About once a week Lisa gives herself an exfoliating mask at home.

For 30 years, Mukilteo resident Cheryl Comley has worked as a flight attendant. Wife, mother and avid gardener, Cheryl, has beautiful, glowing skin. Of course, I had to know her secrets.

Cheryl, like Lisa, hydrates from the inside out. "I keep a big bottle of filtered water

going all the time. When I'm flying, I drink one glass of water for every hour in the air."

When Cheryl is gardening, she nurtures healthy skin. "In my little gardening kit, I keep a squirter of Evian water. I mist my face and, of course, I wear a hat and sun screen.

"In Australia, my home country, I suffered a lot of sun burns as a child. Today children in Australian schools are not allowed into the playground without sunscreen. It is kept in five gallon jugs. The children press a button and sun screen pours into their hand. They're required to put it on their face, neck and ears. It's becoming stylish to wear a hat with a bill and a sun flap to cover the back of the neck.

"I wash and then splash my face at least 20 times to clean and super moisturize it," Cheryl says. "I feel strongly about taking my make up off and cleaning my face every day. Then I moisturize faithfully. I haven't missed a day for 36 years."

Start a new habit today. For 21 days follow the basic steps used by Lisa and Cheryl. Your eyes will light up as you see your complexion glow.

Health tip of the week: If your face feels irritated, dry or blotchy after gardening, exercise or traveling, try Lisa Swift's quick solution. Soak a wash cloth with milk and press onto your face. (Non-fat, two percent or whole milk.) Relax, breathe deeply and let the milk's amino acids and minerals calm and revitalize your skin. Rinse, moisturize and go out looking fresh, vibrant and beautiful.

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Kay Wagner LMP has a special talent for helping people relax and improve their health. Kay offers "R &R" private sessions, coaching breathing, stretching and relaxation. She is a Licensed Massage Therapist and Certified Yoga and Pilates instructor. Learn to relax and rejuvenate in Kay's studio overlooking the mountains and water at 828 2nd St. Mukilteo WA 98275.

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