



VITAMIN

Vital health information in a minute

Get that healthy glow

Simple skin savers

Your skin has a tough job, and a lifetime of exposure to the elements can take its toll. Although you can't turn back the clock, it's possible to have healthy skin at any age. These simple lifestyle changes can help rejuvenate your skin, so it looks and feels healthier.¹

Limit sun exposure

The sun's ultraviolet (UV) rays can cause wrinkles, age spots, other skin problems and even cancer. Protect yourself by avoiding the sun during peak times of the day. Wearing a lightweight long-sleeved shirt, wide-brim hat and sunglasses provides additional protection.

Wear sunscreen

Apply sunscreen with SPF 30 or higher before venturing outside and reapply every couple of hours, more often if you're swimming or active. And remember your lips. Look for a lip balm with SPF 30 to help prevent burning and chapping.

Kick the habit

Smoking damages your skin and accelerates skin aging. Cigarette smoke narrows the blood vessels, causing a decrease of blood flow to the skin. This can deplete the skin of important nutrients. Smoking also harms the collagen and elastin in the skin, which affect the skin's strength and elasticity. Quitting smoking can prevent further skin damage and reduce the risk of cancer.

Source:

1. Mayo Clinic. Skin care: 5 tips for healthy skin. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237> (last reviewed/updated October 15, 2019).

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