

TOP Sante

FEBRUARY 2011

12 NEW WAYS TO BE HEALTHIER & HAPPIER IN 2011

- ✓ Get smart about detox
- ✓ Find a diet you actually like

REAL-LIFE INSPIRATION

**'IN MY BEST SHAPE
EVER – FOR FREE'**

**WHY DO YOU
DRINK TOO MUCH?**

(Clue: It's not the reason you think)



FREE!
Four-day
gym pass
Plus! 20%
off O.P.I.

**Bare
faced
beauty**

Unlock the
genetic code
to young-
looking skin

**STRESS
PROOF
YOUR
BODY**

REPORT

**WHEN SELF-
HELP HARMS**



GLOWING, GORGEOUS, HEALTHY

Discover your
winning health
and beauty
buys of the year



PLUS! Have expensive-looking hair – without paying a fortune **JOHN FRENDA**

BOOST

How to

STOP ANXIETY HARMING YOUR SKIN

Psychologist and founder of LP Skin Therapy, LINDA PAPANIOULOS, 38, reveals how tackling stress can slow the ageing process

State of mind is central to looking good

I can tell from a person's skin if they're feeling stressed. When you're anxious, the body produces more of the hormone cortisol, which can then result in blocked pores, breakouts and premature ageing.

My skincare uses 'psychodermatology'

I've developed a range of products that delivers essential nutrients to feed the complexion, but also contains mood enhancers to encourage the release of feel-good chemicals in the body.

Get organised Anxiety accelerates the rate at which skin cells age. To avoid feeling overwhelmed, write down a 'to-do' list every evening for the following day. It's a good way to de-clutter your mind.

Stick to a calm evening routine While you cleanse and moisturise at night, think about the things that went well for you that day. This lowers blood pressure and will help you to sleep better, so you'll wake looking and feeling more refreshed.

Have more sex It lowers levels of cortisol and increases the production of oxytocin, which makes you feel closer to your loved, leads to more intense orgasms and also gives your skin a fresh, healthy glow.

Feed your skin Eat foods rich in vitamin (such as Brazil nuts) and zinc (a lowers inflammation). Avocados are rich in skin-boosting omega-3 fats, while beta carotene, an antioxidant found in carrots, helps to protect and maintain healthy skin cells. □

For more on LP Skin Therapy, visit www.lpskintherapy.co.uk



'Stress accelerates the rate at which skin cells age'

3 things you didn't know about psychodermatology

1 It takes a psychological approach to skin disorders, such as acne and psoriasis, recognising the role of emotional stress in triggering the conditions and tackling the distress they can cause.

2 New treatments often could include yoga and self-hypnosis to deal with emotional issues, as well as therapies that directly target the skin itself, such as antibiotics and laser treatment.

3 Psychodermatology can be hard to access in the UK because there are very few specialists. To reap the benefits anyway, focus on managing your stress as well as your skin, using yoga, relaxation and meditation.