

# Best Face Forward

Pathway to Your Healthiest Skin Yet

By Tess Mauricio

**Y**ou might be surprised at what can speed up your skin's aging process. Following are several ways to ensure you continue to put your best face forward.

## AVOID DRINKING THROUGH STRAWS

I'm sure many of you drink dark sodas, tea, and coffee through a straw to prevent staining your pearly whites or avoid putting your mouth on a can or bottle, right? It's causing fine lines around your mouth, a sign of premature aging.

## TRAIN YOURSELF TO SLEEP ON YOUR BACK

Resting your face on the pillow in the same way every night for years leads to wrinkles, which eventually become etched on the surface of the skin and no longer disappear the next morning.

## PULL DOWN THE SHADE IN AN AIRPLANE

You're much closer to the sun in a plane than on land, and UV rays, which can penetrate windows, are more intense at higher altitudes. Pilots and flight attendants have been found to be at an increased risk for melanoma and other skin cancers.

## BEWARE BEAUTY CREAMS WITH TOXIC INGREDIENTS


Exposure to some beauty cream chemicals does more harm than good. Know your ingredients and consult with your skin care professional to make the best possible product selections. Some experts caution against the use of creams that contain dimethicone, mineral oil, parabens, paraffin, and petrolatum.



## CLEAN GLASSES AND SUNGLASSES

Bacteria on the frame will sit directly on your face for an extended period of time. Simply wipe clean with an antibacterial cloth each day.

## WASH AWAY CHLORINE

After a dip in the pool or hot tub, wash your face with a cleanser to remove all chemical residue, and be sure to moisturize afterward. 

*Tess Mauricio, MD, is the founder and owner/operator of multiple cosmetic dermatology centers throughout Southern California. She is currently a fellow of the American Board of Dermatology, and diplomate of the American Academy of Dermatology. Learn more online at [www.scrippsderm.com](http://www.scrippsderm.com).*

