

Life for the Sophisticated Florida Woman

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DRINK *your way to* BETTER SKIN

How to get that
enviable gorgeous
glow • BY M.M. CLOUTIER



WE ALL DREAM of having skin as soft as a baby's derriere—and plenty of cosmetic companies promise their topical products (cleansers, moisturizers, toners and wrinkle creams), can jettison you on your way to a miraculously flawless mug. Many topicals are indeed helpful, but can you drink your way to better skin?

Yes—and we're not talking about knocking down martinis and Mai Thais—and no. Several beverages have skin-nourishing qualities that help stave off sags and wrinkles and pump up suppleness. Imbibe appropriately—combined with other kick-it-up-a-notch skin pals, such as a good daily multivitamin, a healthy living-energy diet, medical and/or organic all-natural topicals and certain supplements like coenzyme Q10—and you're bound to see or feel a difference.

We touched bases with some Florida skin-care experts, ranging from a holistic skin-care master who's well-known among the world's most recognized faces and has been featured in countless beauty and health magazines, to a renowned dermatologist who's director of the University of Miami Cosmetic Group. Their advice doesn't always jibe with one another, but taken as a whole, we gained insight on skin-favoring sips. Some have downsides, others upsides, so here are a handful of them to get you started drinking up and saying, "Cheers to my skin."

GREEN TEA: It's one of the kingpins when it comes to beverages with skin benefits. Green tea is one of the most powerful and best-researched antioxidants. (Antioxidants, which come into play in other beverages herein, are crucial to an effective skin-care regimen. Just ask dermatologist Dr. Leslie Baumann, professor, researcher, director of the University of Miami Cosmetic Group and author of the New York Times bestseller "The Skin Type Solution." Dr. Baumann, known as the "skin guru" on yahoo.com, drinks three cups of green tea a day—sometimes more along with a cup of decaf at night. Thanks



to green tea's antioxidant punch, it helps prevent aging of the arteries and skin by decreasing free radicals—pesky molecules that harm skin—and reduces damage from sun exposure.

FRUIT AND VEGETABLE JUICES: Without added sugar, they're all good for you, but as far as skin care, they're not all created equal. Those with the highest antioxidant value—therefore packing skin benefits—include pomegranate and blueberry. But Tammy Fender of West Palm Beach-based Tammy Fender Holistic Skin Care, a leader in holistic healthcare with a collection of pure, organic custom-blended skin-care solutions based on the holistic-medicine healing traditions, points out that juice purchased off the shelf often has been pasteurized. That means certain bacteria have been squelched, but certain enzymes, too. To get the most from antioxidant-rich juice with skin-friendly vitamins, the answer is making it yourself—popping your favorite fruits and veggies in a juicer at home. That, says Fender, "captures the live enzyme of the plant, which is the healthiest part. You then consume raw, preferably organic, juice that has all the vital nutrients and enzymes intact ready to feed your organs—of which skin is the largest." Another Fender tip: Combining fresh juice with flaxseed oil or any of the Omega oils "will strongly support the skin tissue and increase the suppleness and health of the skin from within."

COFFEE: Don't start drowning yourself in a pot a day—far from it. But there may be a good skin connection if you enjoy a cup of Joe a day. According to Dr. Baumann, caffeine has long been used topically to constrict veins and

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