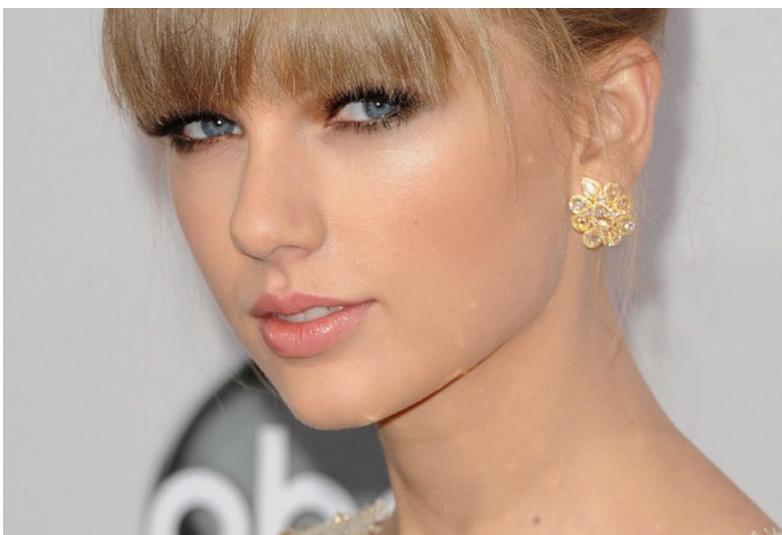


5 Easy Things You Can Do To Improve Your Skin's Health



(Photo by Getty) Follow these five simple rules to get healthy skin as radiant as Taylor Swift's.

Forget the heavy \$100 creams and the crazy as-seen-on-TV skincare systems—you don't need to feel like a chemistry lab rat to improve your skin health this year.

So what *can* you do then to get skin as glowy as **Taylor Swift**? Shockingly, it's a cinch. Just follow these five super-simple expert tips—seriously, so easy!—to make your skin shine bright like a diamond in 2013.

1) Add more healthy fats to your diet:

You already know, hopefully, how important it is to drink eight glasses of water a day, and yada, yada, so we won't belabor the point—but sometimes, we hate to say it, no matter how much H2O you chug, it doesn't make a lick of difference for your complexion.

"Most people don't know that the water you drink goes to every part of your body first, hardly affecting the hydration level of the skin," says NYC-based celebrity facialist **Joanna Vargas**. "But healthy fats, like the ones found in avocados and olive oil, provide hydration from the inside out."

Eliminate fine lines (a major sign of dehydration!) by adding one-half of an avocado to your salad or swapping heavy dressings with olive oil, she says, and in less than two weeks, haggard skin will start look refreshed and glowy. (And hey, it helps your waistline, too!)



2) Stimulate cellulite-prone areas for 60 seconds each morning:

Sure, when it's 30-degrees out and frigid, bikini season feels like it's eons away—but this isn't about working on your beach bod. Cellulite-prone areas, like inner thighs, triceps, and your ba-donk-a-donk, often times have poor circulation, says Vargas, which can lead to a multitude of health issues.

To improve circulation, and thus, diminish the appearance of that God-forsaken cottage-cheese effect, Vargas suggests dry-brushing your skin with a **coarse bristle brush** for 60 seconds each morning before you shower. "Brush upward toward the heart over all your problem areas," she says, noting that even though it's slightly uncomfortable, the end result is so worth it. "You'll see a huge difference in your skin's elasticity and firmness."

3) Wear (quality!) SPF every single day:

Not all sunblock is created equal, so make sure you're choosing an SPF that gives you coverage and protection from both UVA and UVB rays. [Dr. Agnes Olszewski](#), founder of AcnEase, recommends choosing sunscreens with "Titanium Dioxide" and "Zinc Oxide" as their main ingredients. And if you can't pronounce the names of the top chemicals used? Ditch the bottle.



4) Ease up on that Diet Coke addiction:

We know, easier said than done, but according to [Dr. Paul Jarrod Frank](#), a cosmetic dermatologist, sugar intake has the greatest effect on skin health in terms of diet and nutrition—and that goes for *all* sugar, especially (sadly) desserts. "Reducing sugar intake is shown to drastically affect skin health and breakouts in particular," he says. "It takes discipline, but once it's cut out from your diet, your cravings disappear and skin is brighter and healthier."

5) Wash your face in the morning and at night:

Here's an all-too-familiar scenario: You're laying in bed catching up on your dream [fashion flicks queue on Netflix](#) when, suddenly, you're just too freaking tired to walk 10 steps to the bathroom, let alone lather a little soap on your skin. (Guilty.)

Well ladies, the laziness stops now. You know why? Because it's wrecking havoc on your skin—even *if* you're not breaking out. "Dirt and bacteria gather inside your pores throughout the day and will stretch them out, leading to pre-mature aging, if left uncleansed overnight," says [Dr. Dennis Gross](#), an NYC-based dermatologist and creator of Dr. Dennis Gross Skincare.

Early on-set crow's feet? We'll pass, thanks...

Tell us, what's your current skincare routine like? Any products you absolutely swear by? Are you a culprit for any of the above skin health faux pas? Sound off in the comments, below!