

ask jacquie

by Jacquie Carter

Director, Worldwide Outer Nutrition Product Training



BAD HABITS

Is smoking really that bad for my skin?

Smoking is bad for your entire body! Nicotine can take years off your life and add years to your appearance. The effects of smoking in terms of aging are significant. Just one inhaled puff of cigarette smoke can produce more than a trillion free radicals in the lungs, which then trigger an inflammatory response that circulates throughout the body.* The effects of smoking on the skin have become so

mainstream that in 1985, the term “smoker’s face” was

added to the medical dictionary defining a person who looks older than they really are due to the effects of smoking. Cigarette smoke contains

more than 4,000 toxins, many of which are

absorbed directly into the bloodstream and delivered to the skin’s structure, ultimately depleting the skin’s collagen.†

Does alcohol affect my skin?

Alcohol causes dehydration, which leaves the skin dry and dull, and excess alcohol can lead to broken capillaries. Alcohol interferes with the absorption of Vitamins B and C, which are vital for the overall health of the skin. Too much alcohol when consumed for long periods of time leads to Vitamin C deficiency, which dilates blood vessels, causing unnatural flushing. Alcohol can lead to a restless night’s sleep and can decrease the duration of REM dream sleep. This loss of deep sleep, coupled with dehydration, can make your complexion sallow and pale and the appearance of dark circles under your eyes more noticeable. If you are going to drink alcohol, it is best to drink two glasses of water for every alcoholic drink, to help counteract dehydration.

*Smokeless-America.com

†Smokenders.co.za/index.php?r=site/page&view=reference

Is it really that bad for my skin if I don’t wash it before bedtime?

Not washing off mascara and eye makeup before you go to bed can cause you to wake up with puffy bags under your eyes and even a potential eye infection. Other makeup, such as foundation, blush and concealer can prevent your skin from breathing and may clog your pores, resulting in a blemish-prone, dull-looking complexion. Even if you don’t wear makeup during the day, your skin still accumulates oil, dirt and impurities that can lead to blemishes and a dull skin tone if not washed away before bedtime. Cleansing the skin with Herbalife SKIN Soothing Aloe Cleanser (for normal to dry skin) or Polishing Citrus Cleanser (for normal to oily skin) every night is an absolute must!

If you have questions, please email me at: askjacquie@herbalife.com

