

Body

You'll have flawless skin in a flash, thanks to these top tips

LANGUAGE

Hit the track

Running doesn't just keep you fit - it can also help ward off acne and eczema. 'When we exercise, we boost circulation to our skin, increasing oxygen and nutrient delivery, which gives us that immediate post-exercise glow,' dermatologist Dr Emma Wedgeworth says. 'Enhanced skin blood flow can also help skin cells regenerate and remove toxins more efficiently. All of these changes can help regulate comedogenesis, the pore blockage that is the first stage in acne.'



TIP

'Hot yoga should be avoided by those prone to rosacea or facial flushing, as it can make the condition worse,' says Dr Engelman.



Kate Beckinsale, Alessandra Ambrosio and Ashley Hart all say Namaste to the skin-boosting benefits of yoga

STRIKE A POSE

Ever wondered how Kate Beckinsale keeps her youthful glow? 'Yoga, yoga, yoga,' she says. And there may be a reason! 'Yoga causes vasodilation (enlargement of the blood vessels), which

leads to increased blood flow to the skin, providing it with more oxygen and nutrients, lending itself to a cutaneous flushing or glow,' explains New York dermatologist Dr Dendy Engelman. And it's

also great for digestion. 'Toxins not cleared from the body often get deposited in adipose fat tissue and in the skin, which can lead to acne, discoloration, and accelerated aging.'



Go nuts over nuts

Brazil nuts are a rich source of selenium, which protects against inflammation, acne and skin aging. 'This mineral is important for good health and glowing skin, yet many of us are often deficient,' says naturalist Carla Oates, who also recommends eating organ meats, seafood, beef, turkey and lamb.



REESE WITHERSPOON

JENNIFER ANISTON

