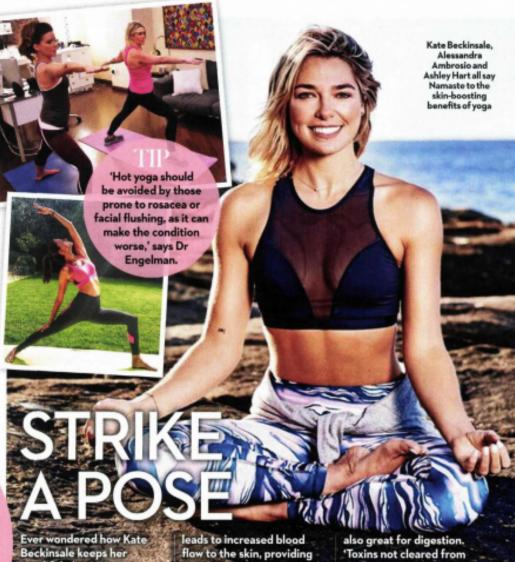
## Both You'll have flawless skin in a flash, thanks to these top tips



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.'



## 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.

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,
discolouration, and
accelerated aging.'