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EXPERTS REVEAL**

60 MINUTES TO A BETTER BODY AND A TIGHTER TUMMY

FIGHT THE SIGNS OF AGING WITH

HYDRATED SKIN

04 OVERWASHING

Cleansing the skin too much strips away moisture. "Soaps can be very drying," says New York dermatologist Debra Jaliman, MD. "It's best to use a mild cleanser." Too much detergent, soap or alcohol throws off the skin's pH, resulting in a lack of hydration.

05 INGREDIENTS THAT ARE DRYING

Alphahydroxy acids (AHAs), glycolic and salicylic acids, and retinol can dry out skin, leaving it flaky. "Use products with ingredients in their purest form and provide nutrients to heal and strengthen," says celebrity aesthetician Tammy Fender.

06 THE AGING PROCESS

With age, the skin's ability to naturally hold onto moisture depletes. The less water in the skin cell, the drier it becomes. Inflammation and free radicals are partially responsible for inhibiting the skin's ability to retain water.

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