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DONNA PACE, RHN, CERTIFIED ESTHETICIAN

insider secrets

Q I use sunscreen on my face and still my nose gets very burnt and red. What do you suggest I do to prevent this?

— Laura, Toronto, Ont.

A Dear Laura,

I suggest you look at the Sun Protection Factor (SPF) you are using. Many people feel that the higher the SPF, the better; however, it really usually just means a higher amount of chemicals. When using a higher SPF, they do not apply it as frequently as they should, as they feel they are protected for longer periods of time, and then they often burn.

I would recommend an SPF15 to 30 that you apply frequently. You may also want to apply a mineral powder on top. This contains a natural SPF that will not only protect your face, it will also serve as your foundation. It's really easy to re-apply.

As your nose has been burnt in the past, the skin can be quite sensitive and in need of some extra care. Using a moisturizer high in antioxidants such as vitamin C and E will help the skin repair and fight off sun-caused free-radical damage that leads to signs of aging. Once the redness is gone, try a weekly gentle exfoliation paired with a soothing mask to hydrate and replenish the skin.

Q I've lost some weight on my thighs and belly, and unfortunately I have cellulite. I'm considered slim, and I am not happy with the cellulite. Can I get rid of it? Or is it here to stay no matter how slim I am?

— Anne, Calgary, Alta.

A Dear Anne,

Cellulite can be present regardless of how slim a person may be. Although the amount of fat deposits is directly related to cellulite, the main cause is the condition of the skin. As we age, the skin loses elasticity and begins to stiffen and sag at the same time that fat is pushing up on the skin and causing dimpling and an uneven appearance. Repeated weight gain and loss can further weaken the connective tissue.

Many products claim to get rid of cellulite. I believe an inside-out approach can help achieve a reduction in the appearance of cellulite. A balanced diet, exercise and plenty of water will keep the skin supple and well hydrated, and maintain a healthy body fat percentage.

Massage therapy and dry brushing helps stimulate circulation, eliminate toxins and reduce fluid retention. Try applying lotions containing ingredients such as coffeeberry, to hydrate the skin, stimulate circulation and help restore firmness and elasticity. ♥



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