



ARIZONA LIVING

HEALTHY LIVING

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UNUSUAL WAYS TO FIGHT SIGNS OF AGE

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If your anti-aging creams just aren't working for you, try thinking outside the box.

That doesn't mean, however, that you need to try the latest beauty-salon trends such as bird-poop facials, beevener masks, beer baths and fish pedicures.

Here are a few unusual anti-aging products you can do from home.

PILLOW TALK

Go to sleep and wake up to a younger you. Sleep is an important factor in main-

taining health, and the right pillow may make it even more beneficial. The Anti-Aging Wrinkle Prevention Pillow, made with memory foam and wrapped in a silky-satin cover, may help keep lines from being pressed into the sensitive spots on your face, neck and chest. It may also prevent puffy eyes. Available for \$99 at Sharper Image.

NAIL POLISH

Paint a brand-new you onto finger- and toenails. Dermelect's ME anti-aging colored lacquers promise to protect nails from cracking and peeling, keep nails and nail beds strong and

block damaging UV rays. The polish is infused with peptide proteins to help repair any previous damage from the sun. Available for \$14 at dermelect.com.

SELF-TANNING SPRAY

Get a nice bronze to your skin without the damaging effects of the sun. The Infinity Sun Glow on the Go anti-aging self-tanning spray features antioxidants, such as vitamins A and E, essential oils and a vanilla fragrance. The 6-ounce bottle is travel- and purse-friendly. Available for \$40 at infinitysun.com.



Think young with Glow on the Go spray (top) and ME colored lacquers. INFINITY SUN; DERMELECT COSMECEUTICALS