

Source: Manila Times

Date: June 1, 2019

## The smashing truth about hydrated skin



■ Moisturizing releases toxins and stops the build-up of dead skin cells.

PROPER hydration is vital to overall health. The right amount of liquid promotes healthy muscles, aids digestion and body cleansing while keeping the skin smooth, clear and plump. In contrary, low water intake causes dehydration and can result to headaches, lack of energy and weakened immune system. It can also lead to skin dryness making it prone to pimples, blemishes and breakouts. Which is why the key to clear and smooth skin is hydration. Aside from the moisturizing properties, it releases toxins and stops the build-up of dead skin cells. Today, *The Manila Times Lookbook* and Proactiv+ share things to remember to keep bodies hydrated at all-times.

» beautybox

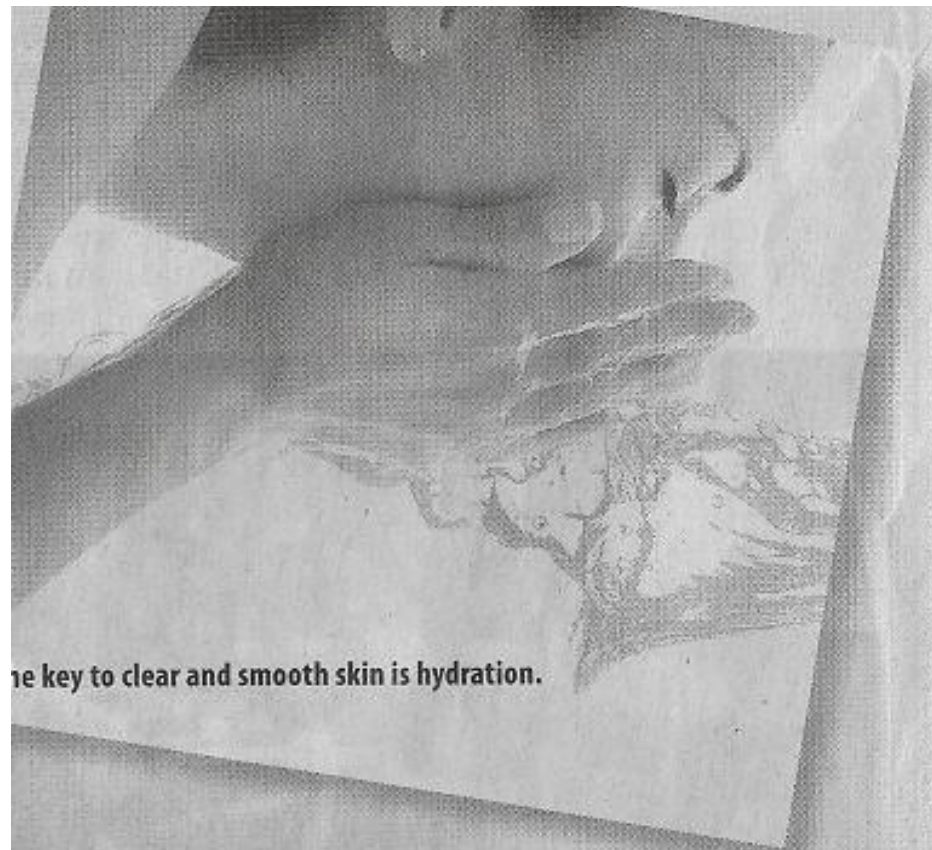
■ Drink lots of water. People lose water when perspiring. The hot summer weather, exercise and other strenuous activities can trigger eccrine glands to release sweat. Everybody need to have enough liquid for normal body function and to strengthen immune system. Avoid dehydration and headaches for the water dispenser if thirsty, feeling dizzy or light-headed. Stop, take a break and drink a glass of water if tired and thirsty. Men are required to drink at least 3.7 liters of fluid a day, while women must consume about 2.7 liters of water a day.

■ Eat water-rich fruits and vegetables. Aside from consuming liquids, hydrate by including tasty treats like watermelon, cucumbers, corn, tomatoes, squash, berries, peaches and other water rich foods. Whip up a fresh salad, cold soup, low calorie drink or refreshing ice pops using these water rich ingredients. Hydrating can be fun with delicious and healthy snacks.

■ Follow an advanced skin-care routine. Address skin problem areas like pimples, blemishes and breakouts with the Proactiv+ 3 Step Skin System. It

proactiv+  
SPOT-PRONE SKIN  
HELPS CLEAR + PREVENT  
• PIMPLES  
• BLEMISHES  
• BREAKOUTS  
VISIBLE RESULTS IN WEEKS  
1 CLEANSER 2 CLEAR 3 HYDRATE 60 DAY KIT

■ This advanced skincare features a complex moisturizing and skin hydrating system.



**the key to clear and smooth skin is hydration.**

uses the Smart Target technology to deliver anti-acne formulation directly to the pores.

The 3-step system starts with a Smoothing Exfoliator. After washing with a facial cleanser to remove dirt, oil and other impurities, apply the exfoliator on damp skin. Give the face a two-minute massage before completely rinsing with warm water.

The second step is the Pore Targeting Treatment which stops the acne at the source. The blemish-fighting solution is directly applied on the pores by spreading it evenly all over cheeks, forehead, nose and chin. Leave on face

until full absorption.

The final process of the Proactiv+ 3 Step Skin System repairs the skin with the Complexion Perfect Hydrator. The moisturizer heals redness, helps diminish awkward acne marks and brightens skin. Apply on face until full absorption. Reapply during the day as needed. Don't forget to put sunscreen if needed to go outdoors.

Indeed, it is vital to the health of the skin and body to keep it nourished and to make sure it has all the tools it needs to fight any damage caused by dryness, skin conditions, or environmental damage.