

Forever Young

Want to stay young and wrinkle-free for a long, long time? From smoothing on Hollywood's favourite body lotion to cultivating emotional resilience, this issue **LIVING** gives you 10 refreshing tips to beat ageing – with smoother skin, slimmer silhouette, gorgeous glow, et al.



1. Eat yourself young

Eating a rainbow of raw foods can literally take years off you, both inside and out. Raw colourful foods are packed with antioxidants and other nutrients which are necessary for the body and brain to function optimally. The easiest way to incorporate them into your diet is to have a freshly pressed fruit and vegetable juice or a smoothie for breakfast, a large side order of raw vegetables for lunch, and a main course salad for dinner with quality protein such as fish.

2. Choose a healthy lifestyle

Most of the life-threatening diseases that can develop with age are the result of an unhealthy lifestyle. Stress, lack of sleep, poor diet, excessive alcohol intake, smoking and sunbathing can accelerate the ageing of your vital organs as well as your skin, especially facial skin. The good news is that all of these are within your control and thus preventable!

3. De-stress daily

Stress is a major ager. Just look at your holiday photos and notice how much younger you look! So take time to relax and de-stress. Book a pampering treatment after a stressful day to help you unwind.

4. Get enough beauty sleep

Adopting healthy habits is the first step to a healthy lifestyle. Getting enough sleep is one of the most important ones and a personal favourite. Lack of sleep reflects on your skin due to a decreased production of collagen and keratin. At night, the body goes through the process of repair and regeneration, so aim at going to bed by 10.30pm for best results.

5. Use top supplements

Antioxidants are the holy grail of looking

and feeling young, irrespective of your age. Omega-3 and omega-6 fatty acids can help you stay wrinkle-free for longer, as well as boost your cognitive power. They nourish the skin from the inside, prevent inflammation and combat oxidative stress – the main ageing factors! Here are my top three supplements: Comvita's Broccoli Extract, which is so high in antioxidants it's been hailed as 'the long term insurance plan for your body'. Syno-Vital Sachets are the secret to youthful and vibrant skin due to hyaluronic acid which supports the formation of collagen and holds in moisture. Eskimo Skin Care combines omega-3 and omega-6 fatty acids for exceptional skin support.



to hold in moisture and CherryActive juice to boost your antioxidant levels.

6. Moisturise with the best products

Choose the best moisturiser you can afford and use it daily. A high SPF is vital, as sun damage really shows on the facial skin. Sisley's All Day All Year luxurious skincare offers three levels of protection. Anti-UV to screen away 90 per cent of harmful UVA/UVB rays, anti-free radicals to protect collagen and elastin fibres, and enhanced protection of cell cohesion. The result is smoother, plumper and younger-looking skin!



9. Balance hormones

Boosting your hormone levels with natural hormones can help you retain more of the vitality, energy and radiance of your youth. However, it is vital that you do this under full medical supervision.

10. Step up your exercise

Exercise increases the delivery of oxygen and vital nutrients to the skin, strengthens the bones and heart, and helps the whole body function better. It also keeps you looking toned, lean and young! Try Hollywood's favourite, Prtty Peaushun Skin Tight Body Lotion for enhanced definition, slimmer silhouette and a gorgeous glow! □



Model: Karisma Kapur
Photographer: Avinash Gowariker

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people



7. Have a positive attitude

Research shows that having an optimistic outlook on life can override chronology. Cultivating emotional resilience, happiness and humour are great ways to keep your mind and body young.

8. Hydrate regularly

If you want to look younger, you have to hydrate well from within. Cut down on dehydrating beverages such as coffee, tea and fizzy drinks. Drink plenty of still water to hydrate, coconut water