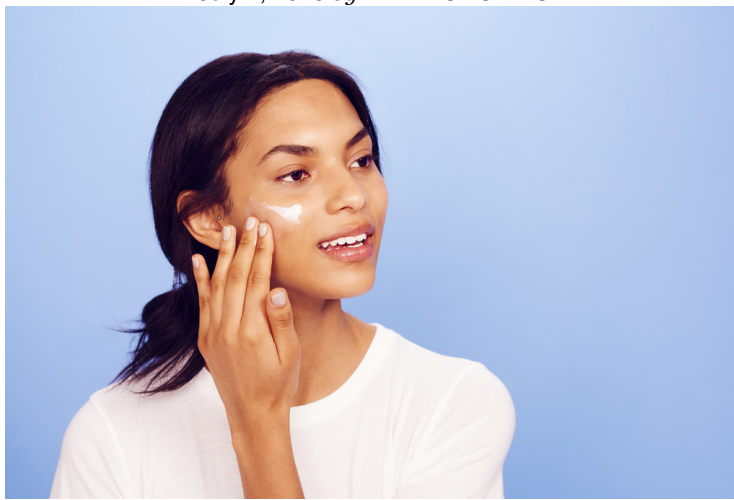




POPSUGAR.

The Lazy, Broke Girl's Guide to Younger-Looking Skin

July 7, 2016 by EMILY OROFINO



Whether she knows it or not, every beauty girl is on a quest. Maybe she's in search of the perfect red lipstick or she is desperately fighting to make her blowouts last. But by far, the most common beauty search for many women is for the fountain of youth.

We're not looking to get Botox or resort to other extreme measures. And if you aren't either (but are still trying to age as slowly as possible), then you've probably tested every wrinkle-fighting cream, skin-rejuvenating contraction, and sheet mask on the market.

As beauty editors, we know that there is a lot out there — and many of the products are *awesome* — but if you're still not satisfied, you have other options. And they're completely natural!

In a Reddit forum, **Dr. Anthony Youn**, a Michigan-based plastic surgeon, spoke openly about his work experiences, promoted his new book, *The Age Fix*, and fielded questions from Redditors. One question and answer in particular stood out to us, though. Reddit



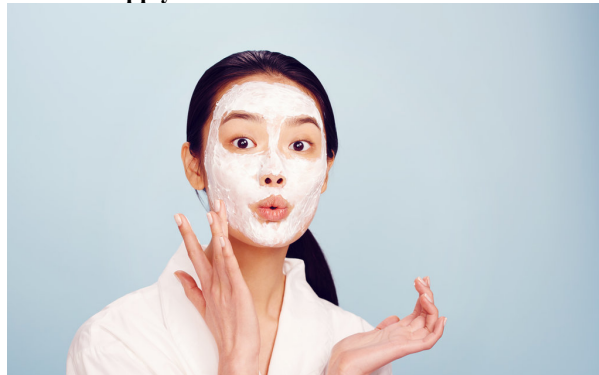
user Notorious DMG asked, "what's the most cost effective way for someone to improve their beauty?" Dr. Youn responded with three easy, affordable (and needle-free!) ways to keep skin looking youthful and attractive. Read on to find out what they are.

Limit your sugar intake.



"Sugar is the worst food for your skin," explained Dr. Youn. This is a well-documented but oft-neglected fact. The sweet stuff is known to cause acne and inflammation, and it can speed up the signs of aging.

Apply a vitamin A cream before bed.



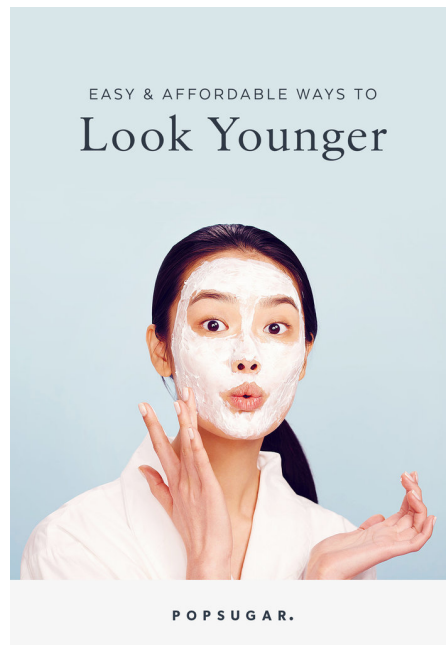
Vitamin A is the original source of retinol, which many dermatologists and amateur skin care junkies claim is the ultimate wrinkle fighter. Other derivatives of vitamin A include retinoic acid, which is stronger than retinol and often requires a prescription to get. However, if you don't feel like visiting a doctor to get this more powerful iteration, try something over the counter. It doesn't have to be expensive, either — many women swear by Sonia Kashuk Radiant Boost Restorative Facial Oil (\$16), which contains the powerhouse ingredient.



Exfoliate regularly.



Dr. Youn recommends doing so two to three times per week. There are many ways to exfoliate, including scrubs and at-home chemical peels, but both methods do the same thing: slough off dead, dull cells. In addition to making your complexion glow, it stimulates collagen production. This promotes firmer, more youthful skin.



http://www.popsugar.com/beauty/Easy-Ways-Look-Younger-41588436?stream_view=1#photo-41712747