

Woman'sDay

8 Easy Things You Can Do Today For More Beautiful Skin

By: Woman's Day Staff – March 4, 2017

Get smoother, brighter skin with these tips



To get gorgeous, radiant skin you don't need expensive creams or procedures—you simply need healthy habits and the right arsenal of products, most of which, can be found at the drugstore. These easy fixes to your beauty routine can help bring you one step closer to glowing skin.

6. Keep a well balanced diet.



Here's why you should forgo crash diets: "A cycle of rapid weight loss followed by significant weight gain causes facial skin to constantly stretch out then contract, which can trigger sagging," says **Ava Shamban**, MD, a dermatologist in Los Angeles. "Plus, when your body is low on nutrients, your skin can't repair itself as well." So stick to a well-balanced diet and exercise to stay fit *and* pretty.

<http://www.womansday.com/style/beauty/g2914/tips-for-better-skin/>