

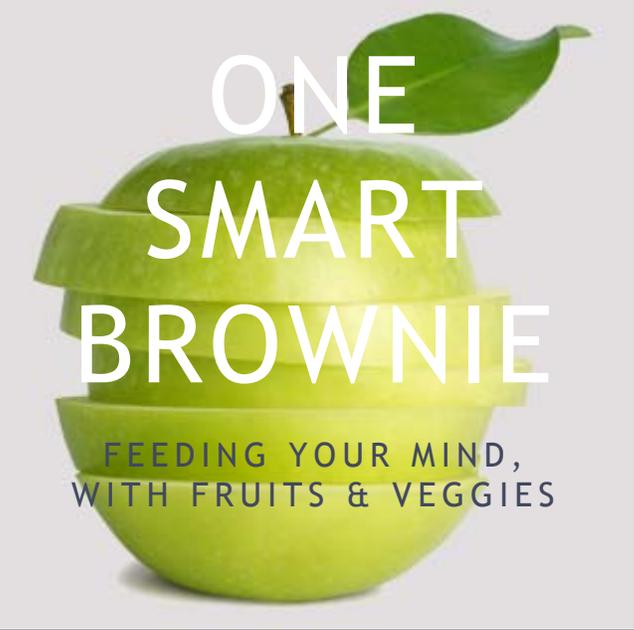
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FEEDING YOUR MIND,  
WITH FRUITS & VEGGIES

SUNDAY, SEPTEMBER 27, 2009

**Skin & Food: Asking the Expert**

Last night turned into a bit of a rager while celebrating one of my bests finishing the LSAT, so this morning my bod was in need of a detox. Via [lifebooker](#) (amazing, if you don't use it yet, highly recommended!) I found [Face to Face](#) in Chelsea and [made an appt for the Boot Camp facial](#). Check out the Face to Face staff:



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**DAMN!!** So besides the fact that the facial-slash-massage was the most relaxing thing ever (*why can't Boot Camp at the gym be so enjoyable?!*), I learned a thing or two from Enrique, the owner, about food and your skin! Here's what he told me:

- **Water & Skin:** Hydration is important for a zillion reasons. However, while drinking 8-10 + glasses of water every day is great for your internal organs, it's probably not going to improve or effect your skin drastically. *Skin needs to be hydrated topically by a moisturizer.*

- **Food & Acne:** Most food-acne relationships are myths. There's no concrete evidence that dairy, chocolate, or chips make skin worse (unless you're making a facial mask out of them!), but the jury is still out. *As always, eating fruits and veggies and a general healthy diet is still very important because your skin needs those vitamins and minerals.*

- **Foods & Aging:** Spicy foods like indian & mexican, processed foods like that bag of doritos, and red meat can stress the immune system and cause inflammation, which in



turn stimulates free radical production (killers of healthy cells). **This chain reaction accelerates the aging process.**

So what else effects your skin? **Genetics, environment and stress.**

You lucky peeps with darker or olive skin tones tend to age slower than us pale folk. General living conditions in a polluted place like NYC/LA and fluctuations in hormones from stress are probably to blame for your breakout pre- date with

the office hottie/high-school reunion.

Damn, I was really hoping for a "drink more water" to ensure life long good skin. But,lets look at the glass as half full- this is a fab excuse for taking that exotic vacation to pollution-free St. Croix to destress!

For any skin related questions, feel free to email Enrique @ [enrique@facetofaceny.com](mailto:enrique@facetofaceny.com)

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