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LIFESTYLE
VOL. 2

10 INFLUENTIAL
PEOPLE

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MEN'S
TECH GADGETS
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ON MADISON
AVENUE IN NY!

ways
TO GET
& KEEP
FABULOUS
SKIN

*Brian
Austin Green*

*GREEN TALKS LIFE,
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3 STYLE RULES *a Dapper Man* SHOULD BREAK

Loren Rojas
Marquaysa Battle

Women dominate the fashion industry, but a well-dressed man will always be tremendously noteworthy. Over the last few years, menswear has transformed into something more lenient, welcoming qualities once considered solely for women's wear. Rich applause is in order. Men are turning the ladies' heads with more patterns, textures, colors and different silhouettes in masculine taste. They're breaking the same fashion rules we are, but could stand to further experiment with unwritten fashion rules!

1. No White after Labor Day

No white after Labor Day. Oh, please. The fashion police seemingly hammered this limitation into our brains like our alphabet but its banishment is long overdue. The color white looks so crisp, fresh, and clean and its beauty deserves display all year-round. Every season, designers litter Fashion Week runways with white looks so how does that translate into blocking them off for part of every year? Besides, who doesn't like a man in an all-white ensemble? Like the all-black look, it exudes strength and solidarity. Men need to stroll in such strength every month right along with the ladies!

2. No Mixing Prints

No mixing prints. For the last 4 seasons, designers have completed their collections with mixed prints. Naturally, the rest of the fashion fans followed suit! We mesh florals with polka dots and marry polka dots to stripes. This trend is mostly seen on women's wear items but a man's closet could benefit from the subtle inclusion of mixed prints. Stronger prints like the geometric and Aztec patterns would look wonderful with simpler prints like stripes and houndstooth!



3. No Mixing Denim

Women wear light denim tops with dark denim bottoms and vice versa. While more men wear denim button-downs, they rarely dare to mix them with their jeans. If only for experimentation purposes, every guy should try to mix denim at least once! A cool hombre-washed denim top would be the coolest way for a man to transition his denim into his jeans! Applause to the man who will try!



Although women run the runways, fashion as a business began with menswear so it's a bit backwards that so much is considered off limits to them. "Brooks Brothers", a menswear retailer, was the very first bricks-and-mortar department store in the United States! It's thoroughly enjoyable to see the garment variety women are afforded, but still a very surprising treat when men step up their fashion game to add to fashion's momentum!



4 Style Hiccups to Avoid

By Loren Rojas

Fashion is supercalifragilisticexpialidocious! Or, You could simplify things and just say 'cool'. It's fabulous. Amazing. Fun. Addictive! Fashionistas and dapper men across the world love when it goes right, and might enjoy when it flounders depending on the fashion forwardness of it all. Our eyes brighten for rearranged floor sets at our favorite retail stores because we know the next big thing is between the racks. A pattern. A print. A silhouette. We are always on.

Until we're off. A millions ways exist to get fashion 'right' but when it goes wrong, it's a big 'ouch'. Visually offensive to some. Scary to others. Sad for you. It's that serious for those of us who love it, so here are a few tips to help you on your hiccup days when the mirror doesn't quite agree with you and the colors don't exactly click. There are a few things these days that too many style lovers trip up on and we're here to catch you before next Fall (literally):



The Fading Make-Up Face:

Sigh. We can always tell, ladies. Your face appears to have multiple shades and you look more ashen than 'amazing'. Wearing makeup can be so fun until you snag a glimpse of yourself passing by a window and realize your 8 am look is long gone. Sometimes it fades away and other times, you absentmindedly smudge it. A few things could assist you with that. For starters, avoid the cheap stuff like the plague. Invest in the best. Money doesn't grow on trees, naturally, but if you are willing to spend the cash then why not get quality? And even with the quality products, you've got to go back to the basics: Exfoliate! Dead skin cells build up in your face overtime, so exfoliate at least twice a week for a cleaner face to prevent make-up flaking. With that fresh, clean face, be sure to apply a primer when developing your look for the day! Doing so will elongate your make-up life. Whether you use a face or shadow primer, this product allows effortless application of your make-up. After a primer, you'll (hopefully) be adding a foundation so remember this: Of all your make-up products, foundation is the one you cannot risk. Always get a quality foundation and when applying it, don't forget your lips! If you fear your lipstick will wear off, then try putting foundation on your lips first before applying your lip color for the day. This will create a base for your lips and help it stick longer. After foundation, you will add concealer, no? Only apply it to your problem spots and not the entire face. The less you put on, the less you have to worry about fading away. Lastly, apply loose or setting powder for a longer lasting polished look! With these tips, you can surely avoid the fading make-up hiccup! Apply them and enjoy your 8 am face all day long!

The Messy Amy Winehouse Eye:

We all know the girl with the messy Amy Winehouse eye. The truth is, not everyone can pull off the thick eye liner look but we all know a girl with eyes that look like they're about to fly away with her dramatic wing tips. It's the Amy Winehouse face gone totally wrong. If you think a fading made up face is terrible, then please understand that the messy Amy Winehouse eye is worse. If you're the wing tip queen, make sure your eyes like regal. Be more Cleopatra than Scary Spice. The first thing you want to do is pick your eyeliner. For a bold and stark line, go for liquid eyeliner. If you want to go for a smokier look, then gel or pencil liner is perfect for you. Draw a line from the outer corner of your eye and slant upwards towards the end of your eyebrow. Try not to blink for a few seconds while the liner dries. Gently pull on your eyelid to create a smooth surface. Draw a line from the tip of the first line you drew and draw another line at a slight decline inwards. Try to work by segments instead of creating one continuous line. If your eyes are wider, bring the line to the inner corner of the eye. Fill in the space with eye liner. Applying eye liner isn't a coloring contest, so there's no need to repeatedly go over your lines unless you must remove them to straighten them. If you must do so, then eye-make-up remover and Q-tips will remedy the problem.



The Wobbly-Heeled Walker

Tsk. Tsk. Tsk. Nothing stands out like a sore thumb in a crowd better than a woman who cannot survive her heels. She's the girl at the evening party wobbling. It's not the spiked punch or a failed dance move. It's the saddest thing ever for a fashionistas: Bad pumps. Either she just bought them the day of and had no time to break them in, or they're simply too high for her. Whatever the issue, it's always noticeable. The problem usually starts in the store. Women must learn to purchase the right shoes. It's not always about the most gorgeous heel and you will not get a good return on your footwear investment if you cannot last more than 5 minutes in them. Be sure to try on a variety of shoes first before buying. Sometimes one brand's size may be too small, while another brand is just right. Once you find the right size, don't immediately buy it. Walk around in it. Stop. Walk around again and do some turning. Put the force on the heels of the foot when putting it down, then shift the force to the toes as you lift the other leg up. Walking, regardless of shoes, should be comfortable and look natural. If at the store it already feels uncomfortable, you've chosen the wrong shoe. If you can complete those tasks effortlessly, then those are the right shoes! But you're not out of the woods yet! Be sure to break your heels in. Walk in them around your home and acquaint your feet with the mold of the shoe and avoid blisters. Once you've done this, you're in for a fabulous night! Don't be the wobbly-heeled walker at the party. You'll feel like everyone's staring at you—and you'll be right.



The Retro Look Gone Wrong:

Fashion wouldn't be everlasting if we couldn't bring a blast from the past to our closets every now and then! Things that go out of style usually circle the block in some fashion or another. Vintage will always be loved just as much as the 'next big thing'. Retro fashion can be a timeless chic look that anyone can rock, but not without some fashion know-how. First, do not wear head-to-toe vintage when wearing separates. The retro style is great but can make you look like a costume party invitee if you're not piecing your look together carefully. Find balance in your outfit and pair your vintage clothing with modern accessories OR choose vintage accessories to accompany your modern look! Shoes play a role too! If you have a pair of retro shoes, then use them as a supplemental accessory to your overall look. To really scale down your retro style, choose a single statement piece and make your remaining look simpler. Lastly, mind your prints! You want to look like a polished vintage-wearing vet—not a table cloth from the 70's. Pair your prints with balancing solids to calm down the busy look. With these easy tips, you can surely look chic and cool while wearing vintage clothing!



The fun thing about fashion rules, is they can always be broken. Any of the style tips above can be manipulated to your taste and ability, but you've got to have the eye. For some, it comes naturally and for others, it takes practice. While you're still learning, use this as your guide and turn the sidewalks of the world into your runway!

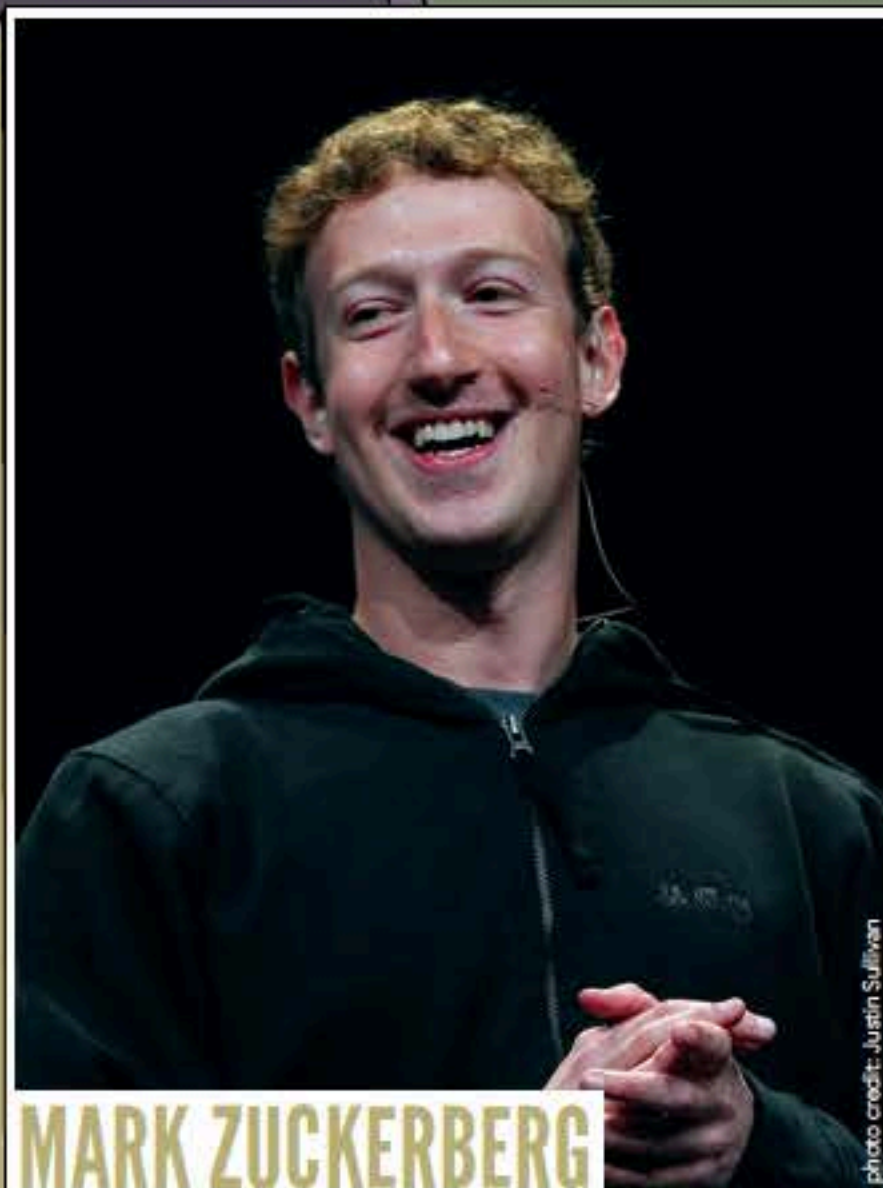
TEN INFLUENTIAL PEOPLE

Out of the billions people on this planet, only a handful people can stake their claims as true movers and shakers. In the 21st century, tech CEOs, cultural icons and entrepreneurs take the cake. Here are ten of the most influential people of the 21st century:

1

From uploading photos to changing status updates, Facebook has shaped the way people go about their daily lives. Roughly 1.35 billion people use Facebook on a monthly basis, and the number continues to grow every day.

The rise of Mark Zuckerberg is profound; so much so it has been immortalized in a movie, *The Social Network*. After dropping out of Harvard, Zuckerberg went on to develop the social media giant that has revolutionized the way humans from every corner of the globe interact with one another.



MARK ZUCKERBERG

photo credit: Justin Sullivan

3 OPRAH WINFREY

Despite being born into poverty and being raped at the tender age of 9, Oprah Winfrey has managed to become one of the most influential and most admired women in the world. From her world famous talk show to her charity work, this amazing woman truly redefines the meaning of the word "inspirational". Oprah has been named the most successful woman of our times and no one in their right frame of mind could deny this opinion. Apart from earning more than \$300 million in a single calendar year, Oprah is also known to be the Most Powerful Celebrity in the world. She has launched the careers of countless people such as Dr. Mehmet Oz, Rachael Ray and Dr. Phil McGraw, all of them world famous celebrities in their own right.

What makes Oprah so inspirational and a role model for millions of women around the globe is that her status extends far beyond her professional career and into her philanthropic work as well. The Oprah Winfrey Leadership Academy for Girls was launched by Oprah in the year 2007 and continues to educate underprivileged girls in South Africa. The facility where these girls are taught was also sponsored by Oprah.



photo credit: Jason Merritt

2 ANGELINA JOLIE

Angelina Jolie is an American actress, author, director and screenwriter who is the proud recipient of 2 Screen Actors Guild Awards, 3 Golden Globe Awards and an Academy Award. Jolie was also named Hollywood's highest paid actress in the years 2009, 2011 and 2013 by *Forbes Magazine*. Apart from her looks, her notorious and outstanding lips, and her acting skills, Angelina Jolie is also known for her work as a Special Envoy and as the former Goodwill Ambassador for the UNHCR.

Her voluptuous looks have made her a household name across the world. What makes her truly unique is that her aging looks have not managed to diminish her sex appeal, despite the fact that she has had to manage 6 children, an extremely successful movie career and her social work. Winning the Oscar might be great, but becoming the Goodwill Ambassador of the UN in recognition for her social works is what makes Angelina Jolie the epitome of greatness. If this isn't enough, Angelina Jolie has also been named among the most beautiful women in the world by countless media outlets.



photo credit: MJ Kim

4 ELON MUSK

The award for coolest and most interesting life story may just have to go to Elon Musk. In fact, the character in the Iron Man series was supposedly based off of him.

Elon made a great deal of his fortune from PayPal, an ecommerce site that allows businesses and individuals to exchange money. Today, his projects include Tesla motors, which develops sleek and sexy electronic cars, as well as SpaceX, a space transport and exploration company.



photo credit: businesswire.com

photo credit: www.media.corporate-ir.net



5 JEFF BEZOS

If you've ever bought something off Amazon and had it delivered to your door at lightning fast speeds, you can thank Jeff Bezos. Amazon has totally changed the way people shop, and many people nowadays prefer to buy online instead of in a brick-and-mortar store.

The founding of Amazon is one of the most impressive stories in tech from the 90's. After borrowing a million dollars from family and friends, Bezos set up shop inside a garage and the rest is history. Also, Bezos is one of the few founders of a 90's tech company who still runs his company.

TINA FEY

Tina Fey is an American actress, producer, writer and comedian who is most popular for her work on shows like *Saturday Night Live*, *30 Rock*, and movies such as *Date Night*, *Baby Mama* and *Mean Girls*. Fey has managed to amass a personal collection of 8 Emmy Awards, 5 Screen Actors Guild Awards, 2 Golden Globe Awards and 4 Writers Guild of America Awards. Her book, 'Bossypants' also managed to top the New York Times Bestsellers List for a 5 week stretch. In the year 2010, Tina was conferred with The Mark Twain Prize for American Humor, making her the youngest winner of the award.

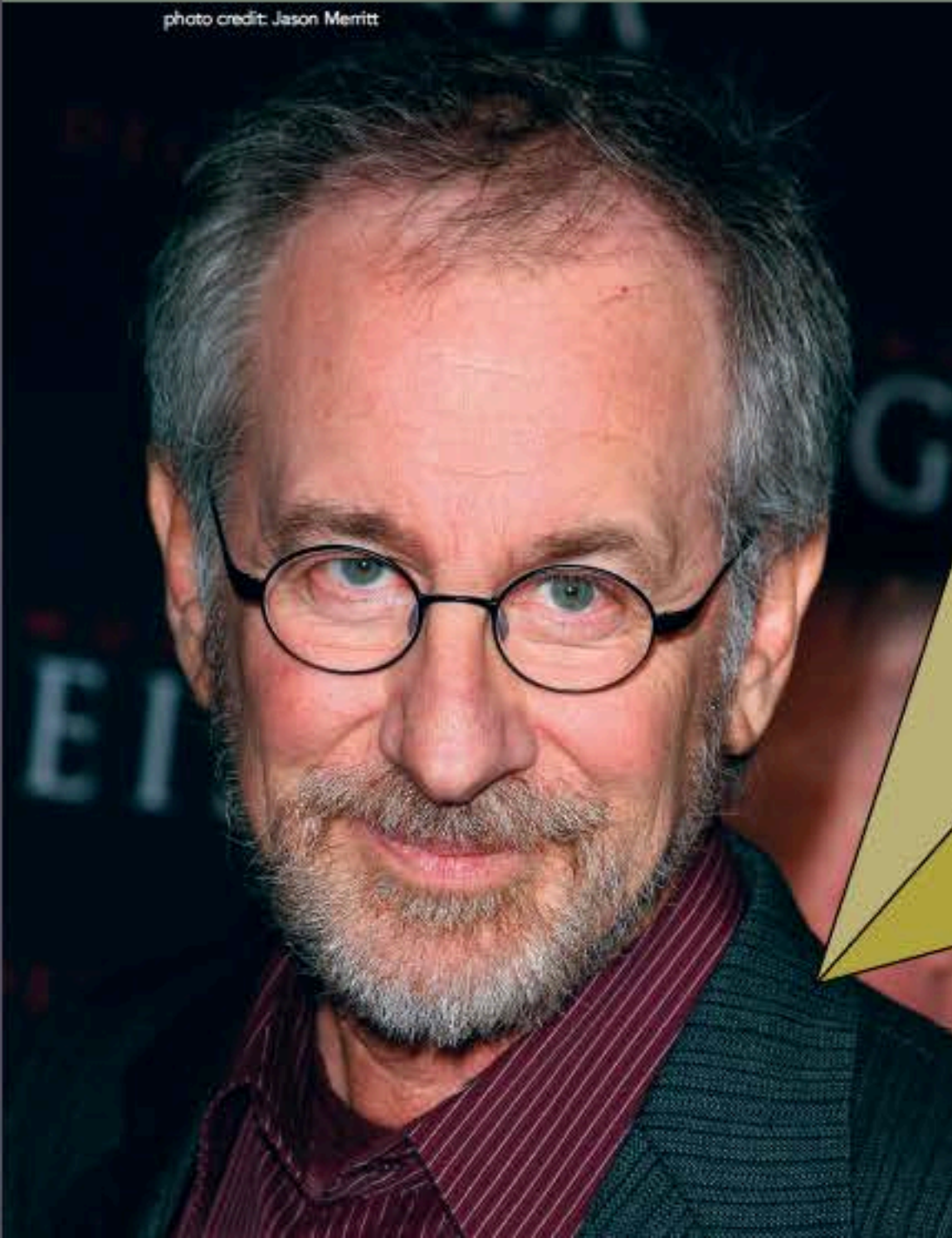
What makes Fey truly inspirational is her work with charities such as Autism Speaks and Mercy Corps. Fey is also known to be a champion of causes which aims to eradicate violence against children. Her work for Love Our Children USA is truly commendable.

6



photo credit: trulovestories.com

photo credit: Jason Merritt



7

STEVEN SPIELBERG

There aren't too many people Steven Spielberg hasn't had a positive impact on. Whether it's childhood classics like *E.T.* or the captivating scenes from *Jurassic Park*, Spielberg's movies have had a lasting effect.

Spielberg has used his status and wealth to influence the American political landscape, as well as donating generous sums to philanthropic organizations.



photo credit: Steven Lovelkin

CAMERON DIAZ

Cameron Michelle Diaz is a well-known American actress and former model best known for her roles in movies such as *My Best Friend's Wedding* and *There's Something About Mary*, among many others. As an actress, she has been the recipient the ALMA award and American Comedy Award. She has also been nominated for Golden Globe awards for various movies such as *Vanilla Sky*, *Gangs of New York*, and *Being John Malkovich*, to name a few. She began her modeling career for brands such as Calvin Klein and Levis.

Cameron Diaz has many achievements, but one of her most inspirational is her ability to age gracefully and in style. Her active participation in making a difference across the globe inspires real women to want to also take a stand for those who are unable to help themselves.

BONO

From the smash singles of U2 to extreme poverty, Bono masters anything he gets his hands on. U2's music topped the charts for two decades, and after U2 started gaining international success Bono began to invest generous sums to philanthropic organizations.

Bono is one of the world's best known philanthropists. His efforts have been so successful because of his connections and influences as well as his determination.



photo credit: Francois Durand



photo credit: Jason Merritt

JENNIFER ANISTON

Jennifer Aniston is a world-famous American actress, model, and philanthropist. She has been featured in long-running sitcoms, such as the beloved *Friends* TV series, as well as movies such as *He's Just Not that Into You* and *Marley & Me*, just to name a couple. She has been involved with many charity organizations, such as the St. Jude Children's Hospital, a treatment facility for children with cancer and other terminal illnesses, as well as the 'It Can't Wait' campaign to free Burma.

One of the most inspiring things about Jennifer Aniston is her ability and love to give. She donated over \$500,000.00 to Doctors without Borders, an international charity organization with doctors who travel from the United States to countries such as Africa to help where it is needed.

MEN'S

1. STANDING LUNGE

(WITH BOSU BALL)

Lunges are a great exercise that targets the glutes and thighs. By adding a bosu ball into the equation as well, you force your body to balance itself, which forces the abdominals to work at a high capacity.

To begin the exercise, stand tall and place one foot forward on the bosu ball and the other foot behind you. Put your arms out straight ahead and then bend your front leg forward until your front thigh is parallel with the floor. While keeping your arms and head up, and core tight, press back into the upright position; that's one repetition.

Complete 12-15 total reps and then switch legs; that's one set. Complete a total of 3 sets for this exercise.

EXERCISE

Are you looking for a workout routine to build muscle and burn fat?
This is a workout routine that will blast your core and build muscle on your upper and lower body.

2. SUPINE LATERAL FLY RAISES

(USING WEIGHTS AND BOSU BALL)

For the next exercise we're going to hit the upper body, specifically the pectorals. Again, we'll be using the bosu ball which requires stabilization of the core.

To begin this exercise grab a fairly light pair of dumbbells and set them down beside you. Lie down with the bosu ball centered between the upper back. Pick up the dumbbells and press them straight up over your chest. While keeping your elbows slightly bent, slowly lower the dumbbells out to your side in an arc, to the point where you feel a good stretch in your chest. Once you've reached the bottom, bring the dumbbells back up along the arc until they are fully extended at the top; that's one repetition.

Complete this exercise for 8-12 repetitions for 2 sets.

3. PUSHUP

(WITH FEET ON STABILITY BALL)

We're going to target the upper body again with a pushup on a stability ball.

To start, place your shins on a stability ball and lay down in front of the ball. Put your hands in a pushup position where they feel most comfortable. Press your body all the way up. Then, slowly lower yourself down as far as you can go.

Complete this exercise for 8-12 repetitions for 3.



Ways to Get & KEEP Fabulous Skin

By Loren Rojas

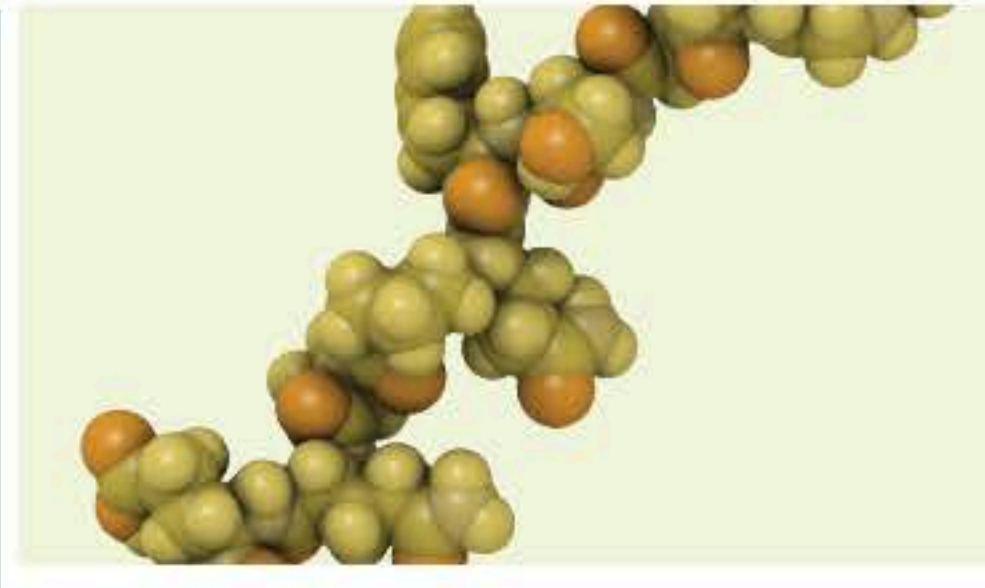


24K DEEP DAY MOISTURIZER

So many skincare products exist on the market for us to buy and there is always something new added to the list with some new ingredient we've never heard of, can't pronounce or didn't think had any relation to skincare. With infinite options, how do you choose? It's really challenging to peruse through information that reads like a foreign language. Unless, of course, you know exactly what to look for! It's important to show your skin the love and affection it needs because, well, how else will it stay fabulous as you age? We insist on trying OROGOLD's 24K Deep Day Moisturizer cream. It will definitely play a key role in keeping your skin moisturized and fabulous! Here are a few other life hacks to help you get ahead in the skincare game!

Peptides

You need them! Peptides are amino acids which make up proteins and are especially safe for those with sensitive skin! Peptides are a current fad since many skincare products are releasing products advertising peptides as main ingredients. Some list this soy or copper peptides while others plainly say 'amino acid' on the label. Peptides reduce wrinkles by helping the body produce more elastin and collagen which are great for keeping the skin young and fresh. Critics write that peptides do not really do this job, but the amount of peptides makes the difference. Peptides do benefit the body, but shouldn't be the only thing used to improve your skin. A good skincare regimen involving different helpful ingredients should work. Various skin products exist to assist you such as day/night creams, sunscreens



and many others. These products should moisturize your skin so it remains hydrated wherever you are. The key is to look for products with peptides in them and other goodies that will keep your skin rejuvenated!



Acai oil

This oil is derived from the acai berry fruit. It may be applied topically on the skin, which is why many use it in creams and moisturizers without worry. It protects the skin from aggressors and anti-oxidants that age you. Acai oil also has fatty acids keeps skin nice and firm. It is also loaded with vitamins B, C and E. Using it makes skin supple and protects it from UV damage! It is best to find a skincare product loaded with a great amount of it!

Avoid chemical sunscreen

Protecting the skin from the sun's ultraviolet rays is something we should always do, but we must not get caught up in trending products that do us great harm. Chemical sunscreens are marketed as a healthier option because they protect against harsh UVA and UVB rays with the use of chemical filters, but beware of their dangerous effects. They are different from physical sunscreens that deflect or block sun rays; chemical sunscreens absorb these instead. Chemical sunscreens also don't leave the white cast that regular sunblock does and tends to be runny. Qualities that could make chemical sunscreens the better option are quickly undone by the dangers that come with them. Aside from affecting milk and hormones, and leaving traces in

the skin, these chemical filters can also cause skin irritation, stinging eyes upon contact and cause allergic reactions. Save your skin and show it some love by using the physical sunscreen!



24K OIL CONTROL CLEANSER

Care for your T-Zone

You probably remember when you hit puberty and your skin started 'changing'. Ugh, why couldn't it change into a never-aging organ or become smoother than a baby's bottom!? We started with clear skin and overnight, developed oil mines on our faces—the oiliest part being of the T-Zone! Be sure to use a gel-based, oil free cleanser for this area. We recommend OROGOLD's Oil Control Cleanser. Using an astringent is an option, but be careful because it tends to make your face drier than it should be. Clay masks with tea tree oil also do wonders for absorbing the oil in your face and don't forget your oil blotting sheets! Sheets with rice powder are great but the Clean & Clear sheets also work effectively!

Go easy on yourself when removing hair

The hair removal process does not always go as planned and sometimes we end up with the frustration of irritated skin when shaving or plucking hair. One of the most common mistakes is not exfoliating the skin after removing hair, as this is the best way to fight painful ingrown hairs. You must also be careful when tweezing your eyebrows. Yes, we want a beautiful brow, and lifting the brows while tweezing helps us to get super close, but guess what? Lifting the brow changes the natural shape of your brows and you risk ruining your natural symmetry! When removing hair, be sure to shave during the evenings and avoid shaving in a hot bath to prevent stubbly hairs. Remember to always use a fresh, sharp blade (yes, even if that means you run out faster) and do use shaving cream, as it is one of the best ways to avoid skin irritation. Lastly, cease daily waxing because it actually reverses your hard work since hair grows faster after hair removal.



It is rather bizarre to fathom, but your skin is the largest organ on your body, therefore it requires a great deal of love! In many ways, skin self-heals but it also requires your help if you want it to look and feel fabulous daily!

Nourish YOUR Skin

By Sarah E. McCormick

The climate in which you live can have many beneficial, or detrimental, effects on your skin. With the changing of the seasons, there are different measures that should be taken to ensure your skin stays nourished, moisturized, supple and beautiful all year long.

It seems as though skin care is a never-ending battle, one that must be dealt with differently for each individual, as each woman has their own personal skin care needs. There are some basic guidelines in which women can follow which can help to alleviate skin care dilemmas, and perhaps prevent them from ever occurring at all.

Coping with Dry Climates and Dry Skin Conditions

For women located in places such as certain states within the USA, India, South Africa, and Australia, dry climates are a part of everyday life. They either adapt naturally without struggle, or find a way to implement moisture into their skin care routines by use of products and or other methods. It can be a struggle to find something that works for women with problematic skin.

One of the most widely used methods to alleviating dry skin would be to use a good moisturizer, such as OROGOLD's 24K Multi-Vitamin Day Moisturizer. There are also rich skin creams, and Vitamin E & C supplements and infused products which work wonders for dry, red skin.



24K MULTI-VITAMIN
DAY MOISTURIZER

Incorporating more water into your daily regimen to re-hydrate your body is absolutely essential being that most dry skin is caused by dehydration. Another method includes the use of a humidifier which suspends minute droplets of water vapor into the air, providing added moisture to exceptionally dry air due to the climate. Lastly, if none of these solutions were to work, a consultation with a dermatologist may be in order.

Another method to avoiding dry skin troubles is to use lukewarm water when cleansing your face and the rest of your body. Hot water tends to dry out the skin and remove moisture. As a follow up to your skin cleansing regimen, we suggest an application of OROGOLD's 24K Vitamin C Mask for the ultimate in luxurious hydration.



24K VITAMIN C MASK

Hydrating from within is always the best course of action when it comes to dry skin, because a healing process is typically required to see significant results. To do this, the number one thing a woman can do is drink more water. Dehydration results in dry, itchy, and flaky skin, which can also present itself as reddened skin, which can cause a slew of problems that sometimes takes an extensive amount of time to correct. By preventing this from occurring at all, you can save yourself the trouble of having to deal with the unfortunate side effects of having dry skin.

Caring for Skin in Humid Climates

Women who live in humid climates such as South America, South Florida, the Bahamas, Hawaii, and other tropical areas have to deal with things such as acne due to high levels of humidity and over excessive oil production within their facial pores. This in and of itself can be quite upsetting, especially for older women past the age considered typical to have acne breakouts.

Maintaining a balance in your skin in these types of climate conditions requires work as well. While you probably don't need the same type of skin care regimen recommended for those with dry skin, you will need to take some preventative measures to prevent and treat any ongoing conditions.

Those whom suffer from acne would benefit from using a gentle exfoliating face peeling, like OROGOLD's 24K Multi-Vitamin Deep Peeling. Also, by incorporating salicylic acid into your skin care routine, you will prevent excess oil from building up, lowering the chances of acne having the chance to appear.

24K MULTI-VITAMIN DEEP PEELING

Keeping your hands away from your face can also help you to prevent acne from forming. When you touch your face, you run the risk of transferring bacteria from your hands to your face. Acne, as well as other undesirable skin conditions such as Staph infection may result.

Wearing a good moisturizer which also contains sun protection is essential during the warm summer months or when living in a tropical climate. A moisturizer with SPF offers the ultimate in protection against the sun's harmful UV rays. We recommend the 24K Deep Day Moisturizer Cream.

24K DEEP DAY MOISTURIZER

Humid climates can sometimes work in a woman's favor. Humidity is a good thing in terms of keeping the skin moisturized and young. Many times, women who live in more humid climates tend to have a younger appearance as opposed to those who live in more arid, dry conditions.

To keep your skin from becoming prone to acne breakouts, you should maintain a good hygiene regimen in terms of cleansing your face with a good face wash twice per day, and always ensure you remove all traces of makeup before bed. Leaving makeup on your face when you go to bed can clog your pores, and can also make skin appear aged by two days per each night you sleep with any cosmetic products in place. That is a staggering statistic, and one that is easily preventable. Properly caring for your facial skin can ensure your skin is nourished at all times, and provide you with a youthful, healthy appearance.

Caring for Skin in Mixed Climates

When it comes to living in an area where there is a mixed climate, such as the New England area, skin care will vary by season. Being that there are four seasons - Spring, Summer, Fall, and Winter - you will need to alter your skin care regimen based upon each individual season to ensure your skin stays nourished and healthy at all times.

The same rules of thumb as listed above apply to the dry seasons, such as fall and winter, and the humid seasons, such as summer and even spring, depending on your location. This can vary depending on your skin type, and whether or not you have specific needs.



24K BIO-BRIGHTENING SKIN TONE MOISTURIZER SPF 30



If you are suffering from dry skin even in the humid summer months, it may be best to consult a dermatologist to find the best course of action or prescription medication that can alleviate your symptoms. There are also many skin creams and lotions in which you could purchase over the counter - and during these months, it's smart to opt for products which contain SPF 15 or higher, like the 24K Bio-Brightening Skin Tone Moisturizer SPF 30.

Likewise, if you are suffering from oily or acne prone skin during the dry winter months, consulting with a dermatologist is the best course of action to finding a solution that best works for you.

Nourished Skin is Happy Skin

Ensuring your skin is nourished, moisturized, and well balanced can sometimes be a bit tricky to master, but it is attainable. Through trial and error, you will eventually be able to get a grasp on the methods that work best for you. Although it can be stressful to find something that works for your symptoms and conditions, staying positive and having a good outlook on the situation will always help get you through. Before long, you will find yourself on the road to healthy, happy skin - and once you arrive at your final destination, you will be all smiles due to the new found confidence you will gain when you realize you finally have beautiful skin.