

This Morning  
beauty  
expert Liz  
offers some  
natural  
solutions we  
can all try...

# Liz Earle's Look Younger Secrets

## Beauty From Within

"I'm a great believer in beauty from the inside," says beauty guru Liz Earle, whose glowing complexion is a testament to her philosophy. "We make our own skin cells, so what we nourish our bodies with determines how healthy we are on the inside – it's what makes healthy, strong skin cells. Skin is like a barometer of our health."



£9.50  
The Body  
Shop

## Read the Label!

Toners should be alcohol-free (try one with aloe vera, which is calming and brightening). For moisturisers, check that paraffin wax and mineral oil are not too high on the list of ingredients; they don't nourish the skin as well as plant extracts, which contain antioxidants, are more easily absorbed and deliver more benefits.

## Cut Cravings

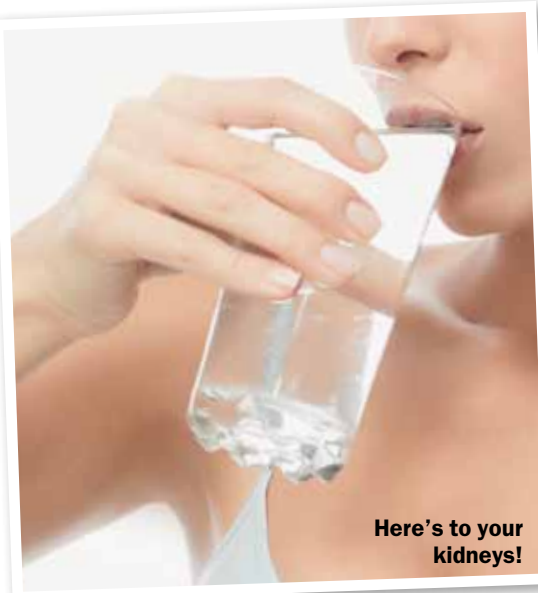
A balanced approach is best; rather than setting extreme goals by cutting out sugar altogether, try swapping sweet treats for dark chocolate which has less sugar (70-80% cocoa solids) – it's also rich in theobromine, magnesium and iron. It can help you fight sugar cravings – you might find while it's easy to scoff a whole bar of milk chocolate, just two squares of dark chocolate will be satisfying.



## Skin Protection

It's essential to protect against sun damage. Other enemies are smoking, alcohol and coffee, which will all affect the skin. Drinking lots of water can really improve skin and the functioning of the body overall, helping eliminate toxins and dark circles, which can be a sign that our kidneys aren't working properly.

“Our skin is like a barometer of our health”



Here's to your kidneys!

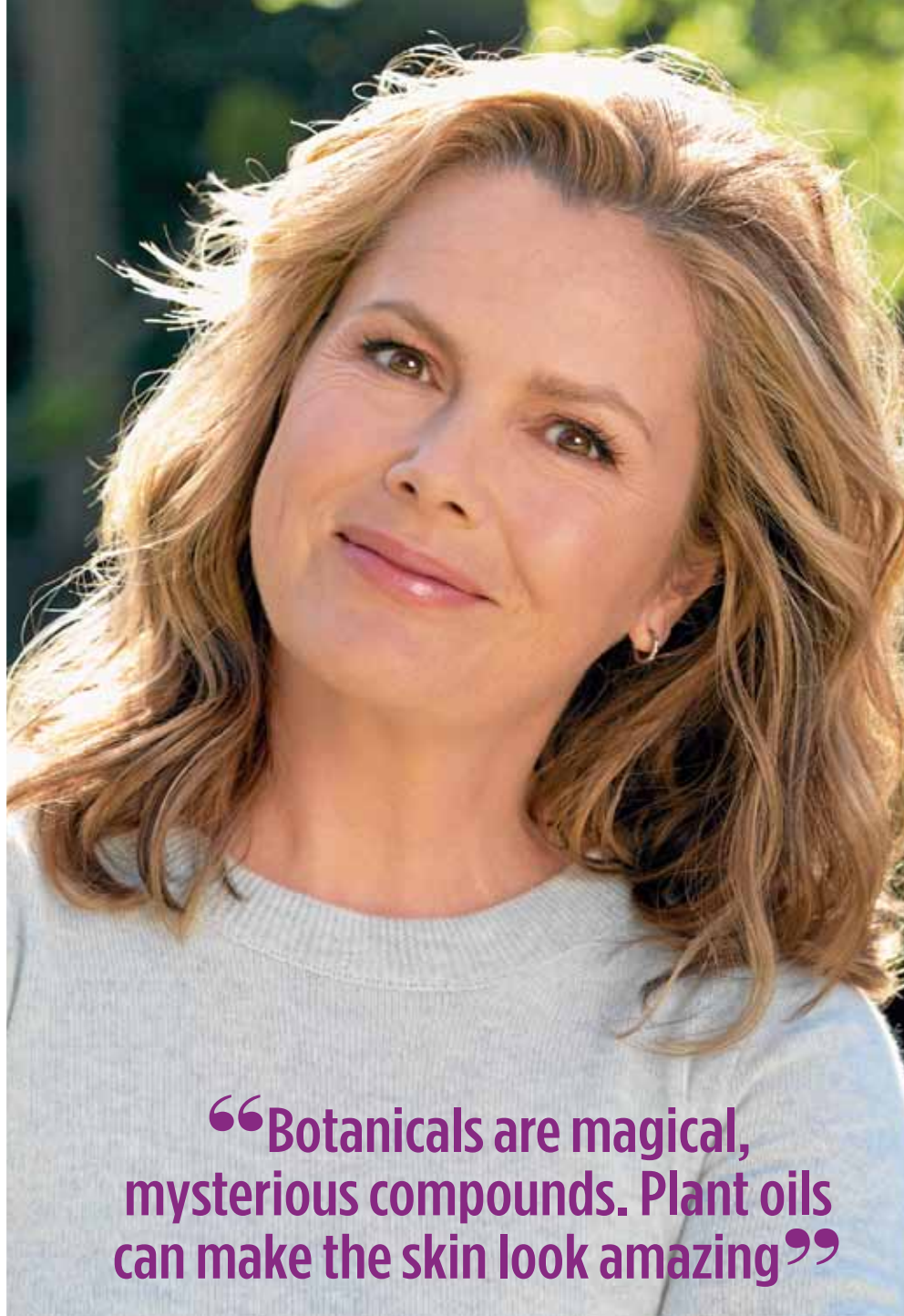


£42.75  
(28ml)  
uk.lizearle.com

## Liz's Top Anti-Ageing Tips

◆ As you age, your hormones change and you produce less sebum, so skin is drier. Start on the inside by consuming more fatty acids.

- ◆ Double up your moisturiser (apply one layer, wait a few minutes, apply another) to combat dryness on the outside.
- ◆ Place a bowl of water beside your bed to counter the drying effects of central heating (or you could use a humidifier).
- ◆ Apply a facial oil overnight as it will soak into skin, leaving it plump and fresh in the morning (you can apply your night cream over it). You can make your own; try a mix of rosehip, argan and almond oils, which you can buy in health shops. Warm a few drops in your palm, then massage into your skin; add one drop of lavender oil to help you sleep and continue to massage into your neck and shoulders to aid relaxation. Rub any excess into your nails.



“Botanicals are magical, mysterious compounds. Plant oils can make the skin look amazing”

## Liz's 70:30 Rule

Fats from healthy plant oils such as rapeseed, olive oil, flax seed are mono-unsaturated fats and are stable. They help strengthen skin and keep it supple; other oils such as sunflower and corn oil can break down at high temperatures and release harmful free radicals.

Nuts (eg almonds, brazils) and seeds (eg pumpkin, sunflower, flax, linseed) also contain healthy fats, vitamin E, protein and minerals that keep our bodies healthy and strong. We should aim to keep meals plant-focused, ie 70% plant-based, 30% protein.



## Looking Good

## Sugar Rush

We should be careful with sugar; it can trigger inflammation, which leads to ageing and even inflammatory skin disorders such as eczema. As well as the obvious sources such as biscuits and cakes, there are sugars in fruit. Pineapples and grapes, for instance, are high in sugar. Juicing can be a good alternative; use the 70:30 rule, with 70% vegetable to 30% fruit.



## Beauty Essentials

A cream-based cleanser and really good moisturiser with vitamin E and plant oils are a must. Serums are definitely a good idea for older complexions as they nourish, lift and tighten the skin; if you're over 40 use one every day under your moisturiser. They'll help plump the skin.



£48  
(30ml)  
uk.lizearle.com

## Get Active

Our metabolism slows with age, so we need to eat less and exercise more. Getting active boosts confidence and raising our energy levels raises our self-esteem, staving off depression. You don't have to join a gym! Something simple like walking is a good stress-buster. Nordic walking is a great way to get fit – it's cheap and it's something you can do in a group.

## My Beauty Routine

In the morning, I use Cleanse & Polish Hot Cloth Cleanser followed by Superskin Moisturiser. At night, I massage in Superskin Concentrate.



£15.50  
(100ml)  
uk.lizearle.com

£39  
(50ml)  
uk.lizearle.com



£42.75  
(28ml)  
uk.lizearle.com



Catch Liz on *This Morning*, Wednesdays, 10.30am on ITV. Visit [www.itv.com/thismorning](http://www.itv.com/thismorning) for more details.