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Best beauty secrets from mothers to daughters

The pursuit of beauty is as old as time and women have always relied on the knowledge and wisdom of beauty secrets that have passed down from generation to generation. Everyone has a beauty tip that has been passed down from their mother or grandmother. Here are some of the best we found:

Protect yourself from the sun

One of the simplest and most effective skin care advice starts with making sure that the new generations understand the damaging effects of prolonged exposure to the sun. The tradition of wearing hats and sunglasses added with the use of sunscreens will not only prevent premature aging but will also provide protection against the dangers of skin cancer. Most experts agree that sunscreen of 15 SPF if not higher, should be worn daily and everywhere, not only at the pool or the beach.

Evaluate your lifestyle

Consume a healthy, well-balanced diet to slow down the aging process from the outside in. Make sure your diet includes colorful fruits and veggies, get enough sleep, drink plenty of water and try to reduce stress. All these healthy changes dramatically effect how well your skin and eyes look.

Beauty regimens have evolved dramatically over the years, but mothers and daughters find that some things never change. It seems that the best way to go is to find a way to combine the wisdom of the past with the result driven treatments of the present. Mothers, wives and daughters all tend to focus on others with little for themselves. Make sure to make time for yourself.

How about a mother-daughter facial day? ■

Article provided by Belle Santé