

# Womens Health

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Cybele Fishman, M.D.



## Start with *Beautiful Skin!*

Everyone can feel confident in their own skin—and a gorgeous glow doesn't hurt! Olay brand ambassador and cosmetic and medical dermatologist Cybele Fishman, M.D., has the tips and tools you need to get the skin you want.

### **SAY YES TO SHEA**

Shea butter, (aka *butyrospermum parkii*) is one of my favorite ingredients, because it has it all! It's the most moisturizing of all the nut oils, plus it has anti-inflammatory properties, contains antioxidants, and almost no one is allergic to it. Discover the wonder of shea butter with **Olay Ultra Moisture Body Wash** for more moisturizers on your skin and less down the drain.\*

### **HANDS UP**

Women are usually good about moisturizing their faces and wearing SPF, but all too often, the hands are neglected. Slather moisturizer on your hands, ideally every time you wash them! And don't forget the sunscreen in the morning. UVA can go through car glass, so you're getting more sun than you think.

### **THE STRESS FACTOR**

Stress causes inflammation in your entire body that can lead to a whole host of negative outcomes. And when it comes to your skin, stress can worsen conditions such as acne, rosacea, eczema, and psoriasis. The solution? Find a way to relieve stress! Try exercising, getting a massage, or simply just light a lavender aromatherapy candle and breathe!