

Beauty tips for pretty feet

WANT to buy some sandals but find your feet aren't fit to be seen? Check out these tips for happy and pretty feet.

Get shoes that fit you properly

Poorly fitting shoes that pinch your heel or chafe your toes result in corns, blisters, and calluses that are painful as well as unsightly. So pick shoes that fit your feet and wear them in before putting them on for a day-long tramp.

Soak your feet

A bowl of warm water and some bath salts are a perfect antidote to sore feet. Also, after 15 minutes of soaking, scrub the hard skin to remove dead cells. Finish with a rub of fresh grated coconut. Its natural oils are great for your skin and scent is heavenly.

Buy a good hard skin removal tool

Hard skin on the soles of your feet protects you when you're barefoot but too much of it is unsightly. Luckily, a rub twice a week with a classic long-handled file or one of the newer electric roller tools will do the job. Careful though; don't overdo it.

Moisturise daily

Most of us step out of the shower and splash body lotion all over but we rarely remember to rub the stuff into the heels and in between the toes. Yet we should, because



Pick shoes that fit properly to avoid corns and blisters on your feet.

the skin there needs looking after, especially after being locked into shoes all day long.

Trim your toenails correctly

Having nails that are too long can bend and bruise or damage the nail bed while those that are too short are painful. Also, not getting the shape right can lead to ingrown nails that have to be corrected by a doctor. If you don't know what the right way is, go for a pedicure and follow the format.

Ways to attain lovely skin

WANT to give your skin a healthy glow? It's the little things and habits that matter. Check out these tips for healthy and beautiful skin.

Don't scrub too much

Facial scrubs are designed to remove dead skin cells, revealing youthful cells underneath. However, your skin is quite delicate so when you deep cleanse it too often or with an inferior product, you run the risk of damaging it. This causes redness, inflammation and pimples.

Wear sunscreen every day

We live in such a hot country that even indirect sunlight as you go about in the shade is rather strong. Prevent damage to your skin by wearing sunscreen regularly.

Cut stress from your life

Nobody knows why, but stress and pimples seem to go together. Some scientists think stress causes the body to produce extra sebum, an oily substance that sticks to dead skin cells, attracts bacteria and clogs hair follicles, leading to pimples.

Have a cup of green tea

This lovely herb has an anti-inflammatory effect that appears to help your body fight off sun damage.

Eat the right food

When you eat food rich in beta-carotene, the body converts it into vitamin A (retinol) that is important for healthy skin. Rich



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sources include carrots, pumpkin, spinach, sweet potatoes, broccoli and cantaloupe.

Night routines matter

Always remove your make-up at night. When you clean your face at night, your skin has a chance to recharge and recover. Leaving everything on means clogged pores which can lead to cell damage such as lines, irritation and blemishes.

Cleanse your face properly

When you clean your face, dab on cleansing lotion and let it sit for a few minutes. Then gently wash it off with lukewarm water. Pat dry and then apply a moisturiser. Use a light one in the morning and a heavier one at night.



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Solution to back problems

Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients.



SINCE young, we were taught the basic skills to take care of our health.

We have learnt the importance of brushing our teeth, exercising and consuming our daily fruits and vegetables.

Poor lifestyle habits such as improper body posture, lack of exercise and smoking can lead to backache problems.

Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients such as Red Sage (Radix Saliva Miltiorrhizae), Chinese Liquorice (Radix Glycyrrhiza) and Chinese Date (Fructus Ziziphi Jujubae).

These ingredients have been traditionally used for many years to relieve pain as well as strengthening our body's health.

Shine Elgucare combines these essential Chinese medicine ingredients to traditionally relieve backache and improve overall health. Recommended for senior citizens and individuals with sports injuries, Shine Elgucare offers an alternative to everyone suffering from backache to have better improvement. For better result, complement your intake with daily exercise that is good for health such as swimming.

This article is brought to you by Y.S.P Industries (M) Sdn Bhd.

■ For more product information, call the customer hotline at 1800 883 679 (Monday to Friday). Purchase Shine Elgucare now from www.shine.com.my using the promo code: YSPESTS0121 to enjoy RM10 discount.

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Exercise to improve quality of life

WITH the big emphasis on youth in the media, one would think the desire to be younger is mostly about looks.

But those over 50 know the truth: bodies change over time in ways that make life less comfortable.

Here's a simple exercise that will restore enough balance to make putting on a pair of pants a lot easier.

Stand beside a dresser or table and lift one foot as high as the knee on the other leg.

If you wobble and need support, touch the dresser or table.

Slightly bend the knee and ankle of the standing leg so it's relaxed, not stiff.

Time how many seconds you can stand on one foot without support.

Next, do the same on your other foot.

Do this exercise daily, until you can stand one-legged, stable and balanced, on each foot for at least 30 seconds.

You'll definitely notice how much more sure-footed it makes you.

Another issue for older people is flexibility. When you stop being as active, your tissues contract and get stiff. You can't reach as far or bend as easily.

Here's an exercise that will give your hips and lower back more range of motion.

Sit on a chair and put one ankle across the thigh of the other leg.

Gently press down on the knee of the crossed leg, while turning the torso from side to side.

You should feel the stretch in your back, groin and thigh. Continue for one minute, then switch legs.

To prevent stiff shoulders, work on loosening up your shoulders and upper

back by stretching the muscles used in a reaching motion.

Stretch one arm first, then the other, up to an overhead shelf.

Support your lower arm on the shelf, then turn your thumb as far to the right as possible, then as far to the left as possible.

This works the rotator cuffs and tendons in the shoulder and upper arm.


Put your hands at your side and reach behind until you feel the stretch in the back of your upper arm.

Next, put your hands on your chest and lift your bent elbows high, holding that position for 30 to 60 seconds.

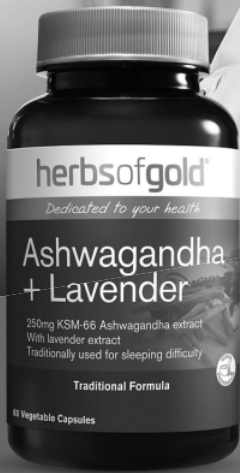
Do these exercises daily, twice a day if you can and you'll notice a subtle but distinct improvement – a “younger” quality of life. — Tribune News Service



When you stop being as active, your tissues contract and get stiff. You can't reach as far or bend as easily. So keep on exercising for a healthier you.



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Herbs of Gold Ashwagandha + Lavender contains a patented KSM-66™ Ashwagandha extract, which has been clinically tried to improve quality of life. It also contains lavender extract, which is known as a natural sleep aid remedy.



Getting enough sleep at night, eating healthy meals during the day and exercising regularly will help give you the energy to charge through each day.

Keeping burnout at bay

THE pace of life today is crazy. Many people juggle multiple responsibilities – work, home life, caregiving and relationships.

How many times have you felt like the demands, expectations and time pressure are exhausting and relentless?

Humans aren't programmed to go through life without rest, solitude or downtime.

With everything going on, it's easy to get blindsided by stress and burnout.

So experts explain it's important to beware of symptoms and acknowledge when your responsibilities start to become too much to handle. To keep burnout at bay:

Ask yourself, "What's important now?"

If you're driving, pay attention to the road. If you're having dinner with a friend, be engaged and present.

Don't play around with your phone. It's not only distracting; it's disrespectful.

Quantify the commitment

Before you agree to sit on a committee or host a dinner party, recognise that it means giving up time that can't be replaced.

Anticipate that the time commitment probably will be longer than your initial estimate. Factor that into decisions about what's worth your time. Be willing to say "no".

Make yourself unavailable

It's okay and important to set aside time for yourself.

Schedule it on your calendar, and don't let other responsibilities encroach on that time.

This may mean saying "no" to some requests.

In addition to these tips, it's also important to maintain healthy habits in order to prevent burnout.

Make sure you're getting enough sleep at night, eating healthy meals during the day and exercising regularly will help give you the energy to take on life's myriad of responsibilities. — Mayo Clinic News Network/Tribune News Service