

- Nutrition / Health

## Some care goes a long way

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### 1 Have a well-balanced diet

Eating plenty of fresh fruits and vegetables would help prevent damage that leads to premature skin ageing. Ensure an adequate level of iron, zinc, biotin, calcium, vitamins D, E, and B12, through diet or supplements, as needed.

### 2 Be gentle to skin and hair

Always cleanse your face before going to bed and use a hydrating night gel to help repair your skin during sleep. Use quality products that are gentle on your skin and hair.

### 3 Exercise most days of the week

Moderate exercise can improve circulation and boost the immune system which would ensure a youthful appearance.

### 4 Manage stress well

Anamika Yaduvanshi, celebrity life coach, suggests practising mindfulness, deep breathing and yoga. Make time for things you love — painting, dancing, music — anything that makes you feel positive and release stress.

### 5 Protect your skin

Dr Sonavane says the most effective way to prevent premature ageing is daily use of a sunscreen with broad spectrum SPF 30 or more. Use vitamin C serum to protect skin against free radical damage. A retinol cream and ceramide moisturiser at night can help boost collagen repair.