

-Skin—care

Sugary Situation

One key player you should think about when it comes to gorg skin? Sweets. But don't worry, we're not going to tell you to forgo them forever. Just be smart about it! Here's how.

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If you pay attention, your skin is trying to tell you something. It reflects everything from how much you're sleeping to the amount of water you drink. One of the things it's most vocal about is what you eat, and that's especially true with sugary food. "We used to think diet didn't affect acne, but now we know it does," says dermatologist Heather Woolery-Lloyd, MD, creator of Specific Beauty. (A recent study in JAMA Dermatology found a significant association between acne and sugary products.)



But reimagining your interaction with the sweet stuff isn't only good for nixing breakouts; it can have a bigpicture effect on your skin. Cutting back can prevent "inflammaging," which is chronic, low-grade inflammation that causes skin to lose elasticity and show more lines. (Hello, wrinkles!)

The term was previously used solely in reference to issues like cardiovascular disease, but it's now a big concept in the skin-care world too.

FYI: Inflammation isn't flatout bad—in fact, it's how your body self-regulates and heals the skin barrier! But a regular sugar habit means you're in a never-ending state of it.

Let's all agree first that life without cake is not fun or realistic. Yet striking a balance between treats and your skin goals is possible. Start here.