



THE KEY INGREDIENT TO PREVENTING SKIN FROM SAGGING AS YOU AGE, ACCORDING TO RACH'S DERMATOLOGIST

As we get older, our skin tends to lose a lot of elasticity -- and we all know what that means ...

You guessed it! Sagging.

(Don't worry, it happens to the best of us!)

Well, according to Rach's dermatologist, Dr. Anne Chapas, stimulating collagen production could help combat it.

And the good news is your skincare routine isn't going to change much after your 40s. You're just adding to it!

(A.k.a. Don't ditch your gentle morning cleanser and vitamin C serum!)

What are you adding, you ask? Peptides!

"They're little strings of amino acids that trick our skin into making new, tighter collagen," Dr. Chapas explains, "especially on the lower face, neck and chest."

And Dr. Chapas specifically recommends using Olay Regenerist Micro-Sculpting Cream at night, after using your cleanser (like Cetaphil's Gentle Cleanser) and retinol (the doc recommends RoC).

"It does give you a little firming right away," she explains of

the peptide cream, "but as you use it more and more, that's when you're going to see [results]."

I mean, even a "little bit" of instant firming works for us!

RACH'S DERMATOLOGIST EXPLAINS WHAT CAUSES ADULT ACNE -- AND HOW TO MAKE IT GO AWAY

Battling acne during your teenage years is very common, but once you hit your 20s and 30s, you expect it to be a thing of the past.

But unfortunately, that's not always the case! And we all ask the same question: WHY?

(Whyyyyyy?)

Well, according to Rach's dermatologist, Dr. Anne Chapas, while teen acne is usually caused by the overproduction of oil, deep cystic adult acne in your 20s and 30s is mostly caused by hormones and stress.

(Sounds all too familiar to us!)

And one major mistake that Dr. Chapas says most of us make is impulse buying the wrong products to quickly



remedy the situation.

"Most 20-something skin is normal," the doc says. "You don't need to be using a lot of scrubs and abrasive things."

Dr. Chapas' main product recommendation? Differin Gel!

"I prescribed this for over 10 years before it's finally gone over-the-counter," she says.

"Differin Gel has an active ingredient called adapalene," the doctor goes on. "And adapalene is a really mild version

of Retin A that may be used for your teenage acne, but it's not drying and it's not irritating. It helps to open the pores [and] it helps to heal those breakouts that you have."

With that said, Differin should initially be applied every other night to make sure your skin can tolerate it, the doc advises, and then you can build up to using it nightly.

(Plus, remember to only use it as a nighttime product, the dermatologist stresses, because adapalene is inacti-

vated by sunlight.)

And don't expect results overnight! According to the doc, it takes about 8 to 12 weeks to kick in.

Still feeling lost and overwhelmed? Dr. Chapas walked through the "full" skincare routine she recommends!

MORNING

- Wash with a light cleanser (she likes Cetaphil, because it's gentle -- plus, it's cheap and easy to find at most stores)

- Apply moisturizer with SPF (she likes Aveeno Positively Radiant which has an SPF of 30 -- the amount she suggests wearing every day).

EVENING

- Wash with a gentle cleanser again

- Use Differin Gel. Apply a light moisturizer on top of the Differin Gel, feels drying at first.

Cake-over! How to Make Boxed Cake Mix Better

Make a boxed cake mix taste incredible with these simple swaps from culinary whiz Sunny Anderson.

For CHOCOLATE CAKE MIX:

Hot Water: Add the amount of

water the recipe calls for but use HOT water. It makes it taste CHOCOLATE-IER. Hot water allows the cocoa in the mix to "bloom" or, develop its flavor. Think about chocolate as if it were coffee; they're both beans and very closely related. You make coffee with hot water to allow to beans to brew and develop flavor. Why not do the same with cocoa? That cocoa powder has been sitting in the box for a while-- you need to wake the flavor up!

Eggs + yolks: Extra YOLKS means more fat which gives the cake ultra moistness! Add the amount of eggs called for in the recipe but add two extra egg yolks. The extra yolks add the density and moisture you'd find in a bakery cake!

FOR WHITE CAKE MIX:

Milk: Add MILK, not water, when your box mix calls for liquid. The milk adds density, fat and, most importantly, extra flavor to your mix.

Egg Whites: Not adding the yolks to the cake makes the cake fluffy and whiter! But taking out the egg yolks removes fat so add an extra two tablespoons of butter above (or, one tablespoon of melted butter per each removed egg yolk).

Vanilla: Freshen up the cake mix with a dash of VANILLA EXTRACT! Add 1/2 teaspoon of vanilla extract for better flavor. The flavor agents in the box mix are old and tend to lose flavor as they sit on the store shelves.

FOR ALL CAKE MIXES:

Melted Butter: Use BUTTER instead of oil. They're both fat but butter has better flavor! Box recipes call for vegetable oil because it's easier. But, how difficult is melting a stick of butter in the microwave? The butter adds a richness and depth of flavor that most boxed cake mixes are missing.

Sprinkle with Sugar: Sprinkling the top with SUGAR not only gives it a sweet crunchy texture but the weight of the sugar prevents the cake from rising too much while it bakes. Pour the cake batter into two cake pans and sprinkle the top with sugar. It's important for your cake to rise but you don't want it to rise too much or you will have to cut off a lot of it when you begin to layer it.

Make Extra Layers: Cut each round of cake in half to create more layers creating an equal cake-to-frosting ratio! More frosting will create extra moistness throughout the cake.



Microblading

BY FREDERICK'S

Great brows don't happen by chance. THEY HAPPEN BY APPOINTMENT!

Click here to check out our Microblading Before & Afters



Shaymaa



Adrienne



Jodi

Book NOW
with Frederick's
Day Spa Salon!
304-242-4343

When quality matters, trust the experienced team at Frederick's.

OUR NEWLY EXPANDED LASH & BROW COSMETIC TATTOOING CENTER @FREDERICK'S