

Health &
Beauty



Hello, Aloe!

From burns to weight loss, aloe vera is the super plant proven to treat some of the most common medical issues. Its gel and latex also are used as natural ingredients in a host of skin-care products, offering a healthy alternative to the sometimes harsh chemicals found in many others.

And this is no recent fad. Aloe dates back 5,000 years to ancient Egypt when it was known as a powerful herbal medicine. Here are some of the ways aloe can help your skin remain beautiful and healthy:

BURNS AND ACNE

A 2009 study found that applying aloe cream to the skin might help heal burns as serious as the second-degree variety. Thirty patients who applied aloe cream saw healing in areas with minor wounds in about two weeks, according to “The New York Times” report.

Similar research has found that aloe can heal present acne and scars because of its antimicrobial properties, the same ones reproduced in many acne medications on the market. Regular application can lead to clearer, more moisturized skin.

HIGH CHOLESTEROL

Taking 10 to 20 milliliters of aloe orally daily for 12 weeks can reduce total cholesterol by about 15 percent, according to the National Institutes of Health. This type of cholesterol reduction can lead to more energy, better medical checkups and overall healthier living.

WEIGHT LOSS AND DIABETES

The NIH also reports that aloe may reduce blood sugar in people with diabetes. It contains several vitamins, including A, C, E, folic acid, B1, B2, B3 and B6, the NIH says. It is one of the few plants that contains Vitamin B12, which can help improve your brain and nervous system functions.

Known as a super food, aloe can also help with digestion and clearing your skin from the inside.



Manage Your Stress

Relationships, family responsibilities and work – many factors contribute to the stress facing women. Women are much more likely than men to report that their own stress has definite impact on their health, according to a recent study by the American Psychological Association.



They were also found to be more confident in a psychologist's ability to help improve lifestyle and make behavioral changes.

Identifying stress is half the battle, but it is how you deal with these stressors that can play a big role in determining your overall health. Stress strains our physical, mental and emotional well-being and, if left untreated, can have a damaging impact on our relationships, jobs and home life.

TYPES OF STRESS

The American Institute of Stress breaks down the definition of stress into various forms. Acute stress is defined as “fight or flight” – an in-the-moment stress that requires the body to defend itself in some way.

Chronic stress is caused by everyday factors, such as bills and jobs. The institute works hard to educate medical practitioners, scientists, health-care professionals and the public to work toward a less-stressed society.

Research shows that elongated stress can contribute to serious emotional and physical disorders, including depression, anxiety, heart attacks and stroke, among others. The good news is that most women are open and honest about their stress levels, leading them to seek help if needed.

BEAT THE STRESS

Exercise and vigorous physical activity can help you beat the stress quickly while boosting feel-good endorphins. The Mayo Clinic recommends virtually any form of exercise to effectively manage stress, improve your mood and sharpen overall focus.

Another way to beat stress is to talk about it. Confide in your closest girlfriend. Let them know exactly what is going on in your life and how it is affecting your health. They may have knowledge from their own experiences that can help you navigate through stressful situations.

Braces are Beautiful

Over the years, the reputation of braces has evolved from clunky and embarrassing to downright trendy. From the Hollywood starlets boasting their braces on the red carpet to the millions of American adults sporting them for a straighter smile, braces are in.

In fact, more than one million of the four million people wearing braces in the United States are adults, according to the Journal of Clinical Orthodontics.

Adults are opting for braces for many reasons, among which is the perceived power of a perfect smile. Some say not having straight teeth holds them back from landing a new job, getting a promotion, fitting in at school or asking someone out on a date, according to the American Association of Orthodontists. Others see it as a way to improve their self-esteem and overall health.

The Journal of Clinical Orthodontists also reports that adults are willing to shell out serious money to improve their health and smile – \$4,800 is the average cost of an adult set of braces. And with today's dental technology, more options than ever before are available for enhancing those pearly whites.

Some of these options are:

CERAMIC BRACES

Ceramics are similar to traditional braces, but feature tooth-colored brackets instead of metal. This change in color helps them blend into the tooth for a subtle look, while still having the power to correct even serious orthodontic issues.

CLEAR AND CUSTOM MOUTHPIECES

This option is comprised of a series of clear, custom aligners that you wear over the course of a treatment. The mouthpieces are made out of thin plastic and offer a discreet option. Clear aligners need to be removed during meals and are worn at least 20 to 22 hours per day.

LINGUAL BRACES

The most inconspicuous option for people who want to keep their braces hidden, lingual braces use brackets on the back of your teeth – the lingual side. Once placed, they stay put until your orthodontist removes them.



Apply Eyeliner like a Pro

Smoky eyes, blended lines and bold richness. Applying the perfect eyeliner can be a challenge best performed by a professional with extensive training.

But a few simple tips can have you up to speed on some of their most common application practices, leading to a stunning, perfectly accentuated look.

The artists who create custom appearances for the models, actresses and other high-profile personalities have great tricks and tools at their

disposal, but so can you. Half of the battle is knowing what type of eyeliner fits you best, using the right tools and designing unique looks.

KNOW YOUR GOAL

How you apply your eyeliner depends on your environment and

what you're trying to achieve. Different types and applications can give off a range of looks, from the conservative office appearance to an evening-ready makeover.

The difference between varying looks can be as small as a subtle change in application. Find a look you like in a magazine or movie and

try to replicate it. Take video of yourself or make notes to jolt your memory the next time you try to pull off the look.

PREPARATION

Preparation is key to maximizing your eyeliner's staying power. Sometimes, eye shadow can affect your eyeliner's look as much as the eyeliner itself. Preparing both the eye and the eyelid can help keep the liner from smearing into your other makeup.

Eyeshadow primer helps adhere the makeup and forms a neutral color for easy application of other makeups. Using this approach will help keep the liner where you intend it to stay, especially when you're using liquid and gel eyeliners.

THE RIGHT EYELINER TOOLS

From blending tools made of rubber or soft foam to a selection of brushes, the professionals have an array of quality tools at their disposal. Most of these applicators can be found at your local beauty shop, but learning about them can offer the biggest challenge.

Quiz your local makeup artists or find tutorial videos online to learn the most effective trade secrets. Doing a little research can go a long way in choosing from the hundreds of available lining brushes on the market.



Become an Esthetician

The beauty industry is absolutely booming, and estheticians are on the leading edge of the charge. Skin-care specialists cleanse and beautify the face and body to enhance a person's overall appearance and health.

They are experts in a multitude of skin-care products, as well as the various treatment methods for improving skin quality.

Customer service is crucial to becoming an esthetician, who spends substantial time consulting on areas involving hair removal, laser treatments, cleaners, lotions and creams. Skin-care specialists are also key liaisons to dermatologists and must be able to identify and refer more serious skin issues.

WHERE THEY WORK

Skin-care specialists, typically work in salons, health and beauty spas, on cruise ships and in medical offices, according to the Bureau of Labor Statistics. Some full- and part-time positions are linked with plastic surgery practices, as well as post-surgical environments.

An up-and-coming trend for estheticians is working for themselves. Most work full-time, but about 27 percent and growing are self-employed, according to the BLS. Estheticians have flexibility of working across the country, with the highest-paid positions in the field residing in the metropolitan areas of Bridgeport, Conn.; Jefferson City, Mo.; and Albuquerque, N.M.

INDUSTRY GROWTH

The BLS projects employment growth of almost 40 percent from 2012 to 2022, much faster than the average for all occupations. This growth is driven primarily by an increasing desire to reduce the appearance of aging in both men and women.



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There were 44,400 esthetician jobs in 2012, according to the BLS, of which about half were in the personal care services industry. A steady salary for enjoyable work is the driving force

behind the growth, as estheticians make a median income of about \$29,000, according to the BLS.

The BLS reports that the top-paying industries for this type of work are

outpatient care centers, with an annual average salary of \$42,680, and general medical and surgical hospitals, with an annual average wage of \$40,500.

Spa Day

There is no need to feel guilty about announcing these words: “Honey, I’m headed to the spa.” In fact, having a spa day is one of the best ways to alleviate the stress and anxiety that come with daily life.

Allowing yourself the opportunity to relax – and get pampered in the process – is key to improving your overall health.

THE BENEFITS

Spa treatments and massage therapies foster many benefits for both your mental and physical health. Studies from Florida State University and George Mason University have shown that the frequency of visiting a spa may directly correlate with better quality sleep, fewer sick days, reduced absenteeism from work and fewer hospitalizations.

Additionally, the heat from a hot tub, sauna or steam shower can loosen joints and soothe aches from arthritis, fibromyalgia and other issues. Some spas even offer Pilates and yoga, which have been proven to improve flexibility and breathing.

SKIN CARE

Another reason to visit the spa often is to detoxify your skin from built-up waste and bacteria. Mud baths accomplish this by exfoliating and nourishing the skin through natural elements like soil, clay and water. Cleansing your skin is important in the

defense against environmental toxins.

Facials also release stress tension from the head and neck, which can prevent headaches. Spas use products such as lotions, scrubs and wraps to increase the physical

and mental health benefits of your service.

IMMUNE BOOST

Massage therapy is effective because it stimulates your lymph flow, which in turn

strengthens your body’s defense system. Massage can also draw out metabolic waste, excess water, toxins and bacteria from the muscles.

All of these benefits can help you remain healthier and

fight off sickness, while also reducing swelling and general soreness. Other boosts from regular massages include improved circulation and posture that can help you feel healthier and more energetic each day.



Vitamins and Pregnancy

Maintaining maximum health during pregnancy is crucial to both mom and baby, and your diet can make this happen. Pregnant women should have a diet that consists of a variety of foods including proteins, carbohydrates, vitamins, minerals and fats, according to the American Congress of Obstetricians and Gynecologists (ACOG).



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This mix can ensure you take in the right nutrients and vitamins for pregnancy health and your baby's development.

A balanced diet is the best way to receive nutrients, but vitamin supplements also can be beneficial when used as part of a healthy diet.

If you are considering adding vitamins to your daily intake, consult your health-care provider first.

Here is a brief rundown of different vitamins that are crucial to ensuring a healthy pregnancy, from the ACOG:

VITAMIN D

This vitamin helps bones and teeth grow and can be found in liver, milk, eggs, carrots, spinach, broccoli, potatoes and yellow fruits.

VITAMIN E

Present in vegetable oil, wheat germ, nuts and fortified spinach, Vitamin E boosts the body's ability to form and use red blood cells and muscles.

VITAMIN C

An antioxidant that protects tissues from damage and helps the body absorb iron, Vitamin C is found in citrus fruits, bell peppers, green beans, strawberries and tomatoes.

B1

Whole grain, fortified cereals, eggs, rice, pasta and pork all provide a healthy dose of B1, which raises energy levels and regulates the nervous system.

FOLIC ACID

Crucial to supporting the placenta and preventing neural tube defects, you can find folic acid in oranges, orange juice, strawberries, green leafy vegetables, beets, peas, pasta and nuts.

IRON

Iron helps in the production of hemoglobin and prevents low birth weight. It is contained within beef, pork, dried beans, spinach, oatmeal and grains fortified with iron.