MIND YOUR HEALTH

WHAT LIES BeneATH?

We can’t hall the ageing but there are ways to lessen its effects on our skin

TIPOKEEP YOUR SKIN HEALTHY

Get a facial

Sunlight is the single most important factor in skin damage. Clothing is the best defense against the sun but it’s also important to remember that even a small amount of sunlight can produce significant skin damage. By wearing protective clothing, you can reduce your risk of developing skin cancer.

Eat well

A well-balanced diet, including fruits and vegetables, can help promote healthy skin.

Wrinkle reduction

MINDFULNESS

Mindfulness is a new trend that can help improve your overall health.

DEEP MUSCLE MASSAGE

Try this massage technique on your next spa visit

FINANCIAL DOWNSIZE

How to cope with the economic downturn

THE AUTUMN烏MPH

Mind offers a wealth of benefits for the body and mind.

For more, visit: www.mind.org

SUVI MAHONEN

The skin is prone to developing wrinkles due to age-related factors such as sun exposure and lifestyle habits. There are several ways to reduce the appearance of wrinkles, such as using sunscreens, wearing protective clothing, and avoiding smoking.

Periocular skin

The skin around the eyes is thin and delicate, making it more susceptible to wrinkling.

PATHS TO A Healthier Bath

Your skin reflects your overall health. It’s important to incorporate healthy habits into your daily routine to maintain a healthy complexion.

WELL-BEING

I escapistuded in a hotel near the beach and had mixed feelings about the experience. The weather was beautiful, but the service was lacking. I ended up spending most of my time poolside, enjoying the sun and reading a book.

THE POLITICIAN

I was feeling particularly stressed and decided to take a walk in the park. The fresh air and exercise helped me feel more relaxed.

A unique gift for someone who enjoys travel is a personalized globe. This can be a great conversation starter and a way to keep track of places you’ve visited.

Dave Daron proudly stood in front of his homemade rocket, ready to launch into the sky. He had been working on this project for months and was excited to see it fly.

He turned to his colleagues and said, "I’ve never seen anyone launch a rocket before. It’s incredible!"