

# Look younger, live longer

.....  
*Nobody likes getting older, least of all looking it. Our experts share their wisdom with Charmaine Yabsley about the best ways to cheat the hands of time.*  
.....

## Turn a frown upside-down

"Simple self-massage can reduce tension and stop your head from pounding," says massage therapist Melissa Rohlf. "Make small circles with your index and middle fingers on your temples, then continue up down your hairline, moving them from the centre of your forehead down to your eyebrow line and back out to your temples. For a more subtle de-stressing technique, use your thumb and forefinger to massage the soft area between the thumb and index finger of the other hand - the tension will drift away in no time."

## Make it misty

"To keep your skin looking fresh, spray it with rosewater after cleansing and before moisturising, and then repeat throughout the day," says beauty expert Jessica Travers. "Rosewater is hydrating and toning, so it's great for maintaining overall skin health and balance. I keep one spray at home and another at my desk - I love the fresh feeling it gives my skin."

## Add antioxidants

"Healing your body from the inside out is important," says nutritionist Lee Holmes. "Weight gain and acne are clear indicators that the body's natural functions are not working properly. Take Southernnature's Grapeseed 40 000 PLUS Green

Tea tablets daily. These vegan tablets contain vitamin C, green tea and grapeseed. Vitamin C aids synthesis of collagen, having an anti-ageing affect. Grapeseed strengthens collagen fibres in the body, and green tea provides antioxidant support to protect against free radicals."

## Take it slow

"We live in such a fast-paced society," says counsellor Luke Sheedy. "If you don't stop to smell the roses, you can get knotted up in your job and hectic lifestyle. Draw your attention to the beauty that surrounds you, like taking a walk in a majestic rainforest with all its smells and sounds to revitalise your senses. Or, swim at the beach: the salt water cleanses your body and refreshes your very soul."

## Don't skip SPF

"Add anti-ageing power to your beauty routine with a foundation containing built-in SPF to keep your skin protected year-round," says Fabiola Gomez. "During the day, touch up with another powder foundation also containing SPF15. For sensitive skin, mineral-based SPF ingredients like zinc are a great option; zinc has even been connected to a reduction in skin inflammation, so it's the perfect way to reduce sun damage and pigmentation."



ILLUSTRATION: CLAIRE SHORROCK

**Meet our experts**



**Melissa Rohlfs**, co-founder at ZenNow. [www.zennow.com.au](http://www.zennow.com.au)



**Jessica Travers**, beauty buyer. [www.brandsexclusive.com.au](http://www.brandsexclusive.com.au)



**Lee Holmes**, nutritionist and yoga teacher. [www.superchargedfood.com](http://www.superchargedfood.com)



**Luke Sheedy**, counsellor, motivator and author. [www.lukesheedy.com](http://www.lukesheedy.com)



**Fabiola Gomez**, founder and director of LUXit. [www.luxit.me](http://www.luxit.me)



**Amanda Fisher**, co-founder of Bangin' Bodz. [www.banginbodz.com](http://www.banginbodz.com)



**Corinne Bett**, naturopath. [www.bioceuticals.com.au](http://www.bioceuticals.com.au)



**Meagan Leigh Cohn**, meditation teacher. [www.lotushealing.com.au](http://www.lotushealing.com.au)



**Jellaine Dee**, founder of Cherry Blooms. [www.cherryblooms.com.au](http://www.cherryblooms.com.au)



**Teisha Lowry**, founder of INDAH. [www.indah.com.au](http://www.indah.com.au)



**Grace Hamilton**, naturopath. [www.gracehamiltonnaturalhealth.com](http://www.gracehamiltonnaturalhealth.com)



**Fiona Tuck**, skin and nutrition expert. [www.fionatuck.com](http://www.fionatuck.com)

**Add some weight**

“As we age, our muscle mass naturally declines,” says personal trainer Amanda Fisher. “This can leave us looking saggy and becoming weak with a slower metabolism, which eventually leads to fat gain because the body becomes less efficient at dealing with calories. Incorporating body weight or weighted exercise in your workout routine at least three times per week will increase lean muscle mass, so your skin tone and metabolism will improve. There is nothing more youthful than firm, tight skin!”

**Take resveratrol**

“Your skin is the first organ to show signs of ageing, characterised by wrinkles and atypical pigmentation,” says naturopath Corinne Bett. “One antioxidant phytonutrient that is in the spotlight for anti-ageing is resveratrol. This has diverse applications as it mimics molecular and functional effects of dietary restriction which, when not associated with malnutrition, have been shown to slow the ageing process. It also exhibits cell-protective effects which have a significant impact on cellular ageing processes and development of age-related diseases. Taking 40mg resveratrol daily over six weeks has been shown to reduce markers of oxidative and inflammatory stress. Resveratrol can be consumed from grapes and some berries, or in supplement form in a higher, more targeted dose. If you’re after a therapeutic dose, speak to your healthcare practitioner.”

**Say “ohm”**

“Chronic stress negatively impacts every cell in the body, affecting your mind, body, spirit, and appearance,” says skincare therapist Meagan Leigh Cohn. “It is scientifically proven that meditation reduces stress chemicals in the body, making it one of the most effective ways to reduce signs of ageing. It only takes 20 minutes a day. As Buddhist teacher Sogyal Rinpoche said: ‘Learning to meditate is the greatest gift you can give yourself in this life!’”

**Shape your brows**

“Eyebrows accentuate our eyes and express character and personality,” says beauty expert Jellaine Dee. “Brows that flatter your face are very important. As we age, brows tend to become grey and thin. The best way to combat this is to use a brow kit to fill them and a brow stencil to create the perfect shape: you’ll look years younger. A good brow growth serum can also regenerate the hair follicles to grow again.”

**Feed your face**

“No magic pill, potion or cream can reverse the physical signs of ageing,” says Teisha Lowry.

“So, the best thing you can do is prevent or at least slow it in the first place. That starts with what you put in your mouth and how you treat your skin. All health, including skin health, stems from the correct balance of food, digestion, assimilation, and detoxification. An inside-out approach is the best way to keep the clock at bay. And it’s individual: you need to eat in line with your metabolic type and create a healthy daily routine that caters to your body, and, in turn, your appearance.”

**Drink up**

“Drinking water is the easiest and cheapest anti-ageing tip there is,” says naturopath Grace Hamilton. “As we age, the body’s thirst response starts to diminish, meaning we tend to drink less water. Dehydration makes skin look older as it loses its plumpness, and it also makes fine lines, wrinkles and dark circles more visible because skin loses its elasticity. It’s not just our physical appearance that is affected by dehydration; it leads to fatigue, fogginess, cramps, headache, constipation, and an increased risk of urinary tract infections - all issues which increase with age anyway. Women should aim for 2.1 litres of liquids per day and men 2.6 litres.”

**Go on a fast**

“Calorie restriction has been shown in animal studies to extend life span and slow the progression of age-related chronic diseases,” adds Hamilton. “When calories are restricted, metabolic rate and oxidative stress decrease, insulin sensitivity improves, and sympathetic nervous system and neuroendocrine function is positively altered. Intermittent fasting triggers the same biological pathways that calorie restriction does, and is a more sustainable option than a long term calorie-restricted diet. Diets like the 5:2 diet enable you to get the benefits of calorie restriction in a more ‘user friendly’ manner.”

**Eat the right fat**

“Omega-3 fatty acids, such as those found in oily fish, flaxseed, and walnuts, have so many health benefits,” says Hamilton. “However, one of their most interesting properties in terms of ageing is their apparent ability to inhibit age-related DNA damage and slow age-related telomere attrition. Increase your intake by eating oily fish - salmon, sardines, tuna, mackerel and herring - a few times a week and adding flaxseed oil to salad dressings or smoothies. A snack of a small handful of walnuts is also a great omega-3 booster shot.”

**Drink green tea**

“Catechins, especially epigallocatechin gallate (EGCG) which is found in green tea, reduce the risk of some cancers and enhance cardiovascular

Resveratrol offers cell-protective effects which have a significant impact on cellular ageing processes and the development of age-related diseases.

and metabolic health,” says Hamilton. “Having a daily cup is an easy and inexpensive way to get this EGCG goodness. If green tea isn't your thing, the theaflavins found in black tea produce most of the same effects.”

### Protect your telomeres

“Telomeres protect our chromosomes, in much the same way that the cap at the end of a shoelace stops it from unravelling,” says nutritionist Fiona Tuck. “Telomeres shorten as we age, and once they reach a critical length that cell loses its ability to divide and grow, which in turn affects our health and lifespan. The good news is that lifestyle and diet can positively alter the rate of telomere shortening, thereby slowing the rate of cellular ageing and the incidence of some diseases. Aim to eat a high plant-based diet rich in antioxidants and fibre, and to include three different vegetables at every meal. A good high-antioxidant supplement, containing ingredients like grapeseed extract, acerola, inulin, zinc and sacha inchi, is also beneficial.”

### Eat a rainbow

Wellness expert Belinda Norton-Smith says, “Choose foods that are rich in colour, such as blueberries and spinach, both of which are anti-inflammatory and have a high antioxidant content.”

### Shed some skin

“The older we get, the slower the skin cells' turnover becomes,” says ivadore founder Tanya Felli. “The best way to help this process along is to use a combination of soft granules plus both AHAs and BHAs on the skin once a week. These miracle workers dissolve dead skin, unclog pores and reveal the smooth, healthy new cells that were hiding underneath. Exfoliate at the start of each week and you will be one step closer to a more youthful and radiant complexion.”



### Take five

“The most powerful way to reduce the signs of ageing is to slow down,” says yoga teacher Kate Kendall. “Take five minutes every day to step back and ask, 'Does my body feel tight and anxious (contracted) or free and open (expansive)?' Try to spend most of your time in the latter state. In times of contraction, take three slow, deep, conscious breaths.”

### Skip the sweet stuff

“Few things are as detrimental as sugar,” says fitness trainer Erica King. “In addition to damaging collagen, which causes skin to become dull and wrinkled, a high-sugar diet has a direct impact on what type of collagen we actually have, which certainly doesn't help in the fight against wrinkles. Eat fresh fruit as a snack or dessert instead of refined sugar options.”

### Nourish your skin

“Lavish your skin daily with the best nature has to offer,” says model Abigail O'Neill. “I use pure frankincense essential oil on my face, which has powerful anti-ageing benefits, before moisturising with rosehip or jojoba oil. I also use fresh aloe vera gel from my garden on my skin, especially in summer.”

### Have fun

“Take up activities that challenge you and make you feel younger, like surfing, swimming, kayaking, hiking, and team sports,” says founder of The Life Kitchen Alison Nancye. “Pursuing hobbies you've always wanted to try - like playing a musical instrument, art, writing and photography classes - will allow you to connect with your inner child, and rediscover joy of living.” ✨

## Meet our experts



**Belinda Norton-Smith**, body science expert. [www.blivewear.com](http://www.blivewear.com)



**Tanya Felli**, founder of ivadore. [www.ivadore.com.au](http://www.ivadore.com.au)



**Kate Kendall**, yoga director at Flow Athletic. [www.activeyogi.com.au](http://www.activeyogi.com.au)



**Erica King**, founder of Running Divas Australia. [www.runningdivas.com.au](http://www.runningdivas.com.au)



**Abigail O'Neill**, author of Model Chocolate. [www.abigailoneill.net](http://www.abigailoneill.net)



**Alison Nancye**, founder of The Life Kitchen. [www.thelifekitchen.com](http://www.thelifekitchen.com)