

# Take a Minute a Day

Quick tricks to refresh every part of your body this spring



## \*Wrinkly Hands

**One-minute**

**trick:** You *should* be putting sunscreen with a minimum SPF of 15 on your face every day, so while you're at it, pour out a little more and rub the excess on your hands.

This will prevent future wrinkling and dark spots caused by sun

exposure. Or use a hand cream with sunscreen and make it a daily ritual. Try **Victoria's Secret Spa Protective Hand and Nail Cream SPF 15**, \$12, [victoriasssecret.com](http://victoriasssecret.com).

## \*Drooping Bustline

**One-minute trick:** When gravity takes its toll, fight back by giving your breasts extra support. Martha McGuinness, from Victoria's Secret, suggests doing the pencil test to see if you're getting enough lift: With your brassiere on, "place a pencil right underneath the breast. If the pencil doesn't fall down, that means you need more support," she says. Try tightening your bra straps to see if that does the trick. If it's still not enough, it's time to get a new bra. Look for an in-store specialist for size and style advice.

## \*Unsightly Nails

**One-minute trick:** When you're painting your nails, choose a pale polish rather than a dark one, says

Mark Pollock, president of Barielle. Lighter polish is far more flattering to aging hands than dark colors.

## \*Crow's-Feet

**One-minute trick:** Instead of squinting your way through a sunny day, causing more wrinkles, wear sunglasses! Look for shades with UV-blocking lenses that are large enough to provide good coverage.

## \*Dark Spots

**One-minute trick:** Brown spots on your face are the result of past sun damage. To help lighten them — and prevent them from getting even darker — Wendy E. Roberts, M.D., assistant clinical professor of medicine at Loma Linda University in California, suggests applying an over-the-counter bleaching cream with about 2 percent hydroquinone, like **Avon Solutions Banishing Cream**, \$9, [avon.com](http://avon.com).



As we age, our tummies become less tight. To counteract this effect, stand up nice and tall.