



Your Ultimate Beauty Day

6:00 a.m.

Wake up before your alarm clock after seven to eight hours of sleep. You may have to get up a little earlier (or later) than 6 a.m., depending on your particular schedule and lifestyle. Seven or eight hours is the amount of time your body needs to recharge; plus, sleep is the major stimulant for your natural growth hormone, which keeps skin taut and vibrant.

When you wake up, take a few minutes for an inventory of the way your body feels—specifically the minor aches and pains that may subconsciously distract you from the focus of your life. When you wake up, perform a few light stretches. Take just a few minutes to get your blood going, think about your breathing and prepare yourself for your day. While you meditate to the sensations of your body, dream about one big idea you want to pursue today.

6:20 a.m.

Perform your morning beauty routine. Here are some guidelines:

- In the shower, rinse your hair (you can shampoo whenever you want, but don't feel compelled to shampoo more than three times weekly) and wash your body. Blot your hair dry or use the cool setting on your hair dryer—heat can damage the delicate cuticles of your hair. Use a brush with smooth or rounded teeth or bristles, which will massage the hair and scalp without damaging them. Remember, hair is most fragile when wet.
- Wash your face and use a moisturizer that has vitamins B3 (niacin), B5 (pantothenic acid), vitamin E and alpha-hydroxy acids. You can also include various small-molecule antioxidants such as ubiquinone and ferulic acid. Remember to read labels on everything. Use a moisturizer that has UV protection. You want to protect your face during the day and feed it with nutrients at night.

7:10 a.m.

Take your vitamins, which should include: half of a multivitamin (with at least 500 IU of vitamin D, 600 mg of calcium and 200 mg of magnesium), 600 mg of DHA (omega-3 fatty acids, either by itself or in 2 grams of fish/cod liver oil) and 162 mg of aspirin (if you're over 40 years old and have checked with your doc). Take them with a full glass of water. These will help you with heart health, and keep this in mind as well: What's good for your heart and arteries is also good for your brain, sexual function and skin.



Your Ultimate Beauty Day

(Continued)

7:15 a.m.

Whether you're getting to work or getting your kids to school, use your travel time as an opportunity to practice some stealth Kegel exercises (squeezing the muscles that control your urine flow; you can identify these muscles by starting and stopping urination midstream). The more they're developed, the better your sex life.

Or, if you're in line for your favorite morning caffeine-infused beverage, spend a minute focusing on proper posture. Back straight, butt in, chest out, shoulders back, head high, jaw aligned, making sure your top and bottom teeth aren't touching each other. Focus.

Practice good posture every day (sitting and standing), and you'll be amazed at the changes in how you look and feel. Slow, deep belly breaths go great with excellent posture. The air should move like a wave through the body, starting with the belly while you inhale and eventually puffing out your chest, reversing the actions when you exhale until you're pulling your belly button toward your spine.

8:30 a.m.

Attack your day, be it at home or at work. One of the most important things you can do: Create a clear game plan for what you want to (realistically) accomplish. Don't overwhelm yourself; just systematically tackle what you can today and save what you can't for tomorrow. The ubiquitous to-do list works because it takes the pressure off of you from forgetting the things you need to take care of but that may slip through the cracks. And be where you need to be on time so you can control the agenda. Maintaining the locus of control helps us cope with and reduce stress.

9:00 a.m.

Make a note to greet everyone you meet with or talk to with a hearty smile—a genuine one. Upbeat people excel. Upbeat people have good relationships. Upbeat people feel good.

10:00 a.m.

Take a quick audit of your environment, whether it's at home or work. The optimum work environment includes yellow light, lots of greenery, high air quality and a cubemate you get along with. While you're making a list of how you want to redecorate, you can fiddle with the thermostat. Research shows that optimal productivity occurs when the environment you're working in is 72 degrees.



Your Ultimate Beauty Day

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10:45 a.m.

Take a five- to seven-minute walk, and clear your head. Remember, the key to successfully managing stress and accomplishing tasks isn't about time management as much as energy management; it's about having the vitality to move fast, move efficiently and move smartly.

10:50 a.m.

Have a midmorning snack of nuts or green tea (the polyphenols can help thicken the epidermis). Besides helping you stay satisfied, they contain biotin, which helps you metabolize fat and carbs. Add an apple or carrot—nature's teeth whiteners.

12:30 p.m.

Take a lunch break. Try an oil and vinegar–dressed salad topped with veggies and salmon, which contains carotenoids that improve skin elasticity so you don't wrinkle. Or have a soup (not cream-based), which can help slow the time it takes food to travel through your system—keeping you fuller longer and helping protect against waist and weight gain. Even if you're rushed, practice slow and deliberate eating.

1:00 p.m.

For the other 30 minutes of your break, take a walk. Put UVA and UVB sunblock on your face and the backs of your hands before you go. A little sun on your arms and legs helps generate vitamin D. While you're walking, make a mental list of three to five things that you can purchase over the weekend that can help you achieve your goals for inner and outer beauty. Some suggestions:

- Water purifier, not only for drinking water but also for your shower (chlorine in shower and bath water can dry out your hair and skin).
- Decent shoes. High heels are the most destructive piece of clothing you can own. Find shoes that have a big toe box and heels that are less than 2 inches. And make sure you have comfortable sneakers by trying on at least five pairs before choosing.
- Home kit to test for radon in the house and new air filters to make sure you're breathing easy.

Or, instead of walking: If time (and the environment) allows and your body needs it, take a power nap of no more than 30 minutes. It's the ultimate biological battery recharger.



Your Ultimate Beauty Day

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2:00 p.m.

Whether you're at home or at work, take a moment and notice the greenery around you. The feeling of living things can be healing, comforting and empowering, which is especially nice in times of stress. Plus, they add oxygen to the environment.

3:30 p.m.

Have a midafternoon snack, such as a piece of fruit. Meanwhile, if someone tries to derail your beautiful day with a snarky comment or an unwarranted outburst, try to manage your anger by understanding why they're angry (problems at home, they too are stressed). It doesn't excuse them from lashing out and it doesn't mean you shouldn't stand up for yourself, but it helps you channel your anger so you can respond constructively.

6:00 p.m.

Have one glass of alcohol with dinner. The alcohol in red wine has tremendous cardiovascular benefits, and the resveratrol (from the grape skins that give the wine its color) helps cells live longer. Lean toward a meal with healthy fat, protein and fiber, and use small plates to help control portion size. Cover half your plate with vegetables. You're eating early enough that the rich pharmacy of chemicals and calories in your food will be digested and won't interfere with your sleep (or deposit themselves on your thighs).

6:25 p.m.

Hug someone. (Someone you know, preferably.) Make it a good one.

6:30 p.m.

Pop the other half of your daily supplements (including multivitamin, calcium and magnesium), then handle any household bills and chores you need to finish. If you're doing tasks, assign everyone in the family a job and work together; the teamwork builds not only a clean home but also a close family. For bills, tuck away 10 percent of your income into an emergency account—not retirement, but rather a true financial ER that can bail you out of an emergency to help relieve one of life's biggest stressors: cash (or rather, lack of it).



Your Ultimate Beauty Day

(Continued)

7:00 p.m.

Call, e-mail or IM a friend, your parents or your grown children. This isn't necessarily your buddy, but if it is, lengthen the time. You need to make efforts to connect socially with someone whom you care for and understands your passions and can help you hit your goals and passions; that's one of the elements that will help you grow and develop a more spiritual side. Nobody home? Then write a note of thanks to someone who's influenced your life. Pick anyone: a middle school teacher, your first boss, the volleyball coach who instilled in you that practice is just as important as the game.

7:15 p.m.

Do a 20-minute exercise band workout to help you increase your lean muscle. It will help you burn fat, add tone and change your body shape. Or do a yoga workout to strengthen and lengthen your muscles. The added flexibility, balance and muscle tone will make you look and feel strong, energetic and ready to take on and face the frenetic world around you. Add 10 minutes of focused work on your core (mainly your abdominals and lower back) to develop your biological back brace. Not only will it help you develop a showstopping belly, but it will also protect you from injuries that will send you squealing for the ibuprofen.

8:00 p.m.

Stay active while enjoying your favorite shows or hobby. Put a stationary bike, elliptical cross-trainer, rowing machine or treadmill in front of the tube so you can pedal or do other physical activity during your favorite shows, or do the plank position during commercials.

8:30 p.m.

Play with your kids. It's a great way to teach each other, and you learn a lot from their behavior. When you're done, lie down with them when putting them to sleep, since they're tired and let their guard down. They'll speak more honestly and will listen better. It's the opportunity to pass along your wisdom—one of the greatest gifts you have to offer. You can also read to them or just make up stories to stretch your mind and their imagination.



Your Ultimate Beauty Day

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9:00 p.m.

Lock yourself in the bathroom, take a seat and get into a meditative state. Spend five minutes humming the word yummmmm. That will help you clear your mind, de-stress and start thinking of higher purposes—and meanings of life beyond just getting the kids' lunches ready for the next day.

9:10 p.m.

Now that your mind is clear of minutiae, take the opportunity to jot down a few ideas about how you want to live large and find a purpose bigger than you. Some ideas to get you going:

- Ask yourself the best way you can help others—be it with your time, talents, money or emotions. Giving to others is also a heck of a high that you can give yourself (plus, you'll live longer to keep doing good). Prove to yourself that you are something more than you thought you were.
- Assess your career situation and make sure that you're following a passion more than a paycheck, and that the company you work for has the same values that you do.
- Figure out some rituals that you can instill into your own family—be it a regular dinner or Saturday outing or some other regular routine that keeps you close and connected.

9:15 p.m.

Prepare tomorrow's batch of drinking water. Fill up your bottles and stick them in the fridge so that you have cold, filtered (not bottled) water to drink throughout the next day.

9:20 p.m.

Prepare yourself for bed with any cleanup duties. Brush your teeth (yes, two minutes). Wash and exfoliate your face (wash with fragrance- and residue-free soap), and use a moisturizer with vitamins A and C (remember, you're feeding your face at night, when the sun cannot denature all the restoring antioxidant vitamins). Make sure the lights are dim and the room is cool so you can gently slip into restorative sleep rather than attempting to abruptly "fall" asleep after sending out a few e-mail blasts while watching the late shows.



Your Ultimate Beauty Day

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9:30 p.m.

Mutual massages with your partner: Start with the feet and stay there as long as you like. The benefits are more than just emotional bonding; a massage with oil (aromatherapy) has also been shown to have de-stressing health benefits.

9:40 p.m.

Have sex. Feel beautiful. Tell your partner what you need (and ask your partner the same). On alternate days (days, not weeks!), you can read a few pages of invigorating prose.

10:10 p.m.

Drift into sleep with a peaceful meditation, thanking your higher power of choice for the beauty of the day. Remember what made you most grateful today. Please note that you have nearly eight hours before you have to awaken. The perfect day.