



# The Daily Beauty Break

...adventures in beauty with a professional makeup artist....

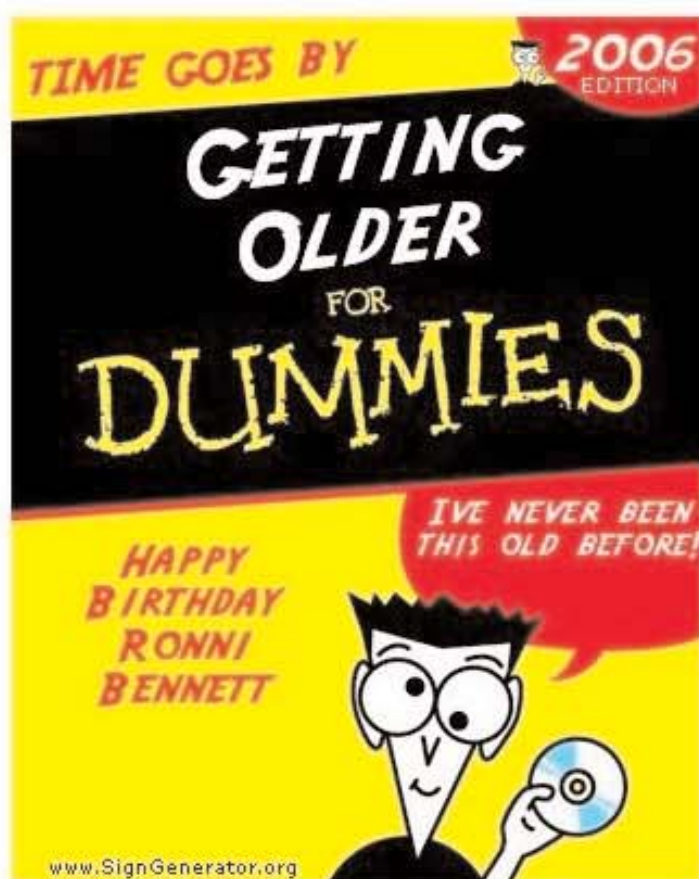


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Share the Love: Join me on the Youth Corridor.... »

**Beauty Rant: I'm taking the Youth Corridor...**

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( FINALLY, someone wrote the book...)

So when it comes to "Adventures in Aging" I'll take the Youth Corridor. I'm not ashamed to admit it (anymore)...As a makeup artist who writes a beauty blog, you'd think I'd fully embraced my romance with vanity... but not so much. **Last night I had an AHA! moment**...Yes, I AM "going that route". There's nothing wrong with working to preserve what your maker gave ya! There's a balance to strike between caring about the outside AND inside. Everything in moderation, right?

If I've learned anything these last 15 years of painting ALL kinds of beautiful faces it's that **FEELING pretty is actually just as important as BEING pretty (actually "pretty" is "pretty" subjective, pun intended)**...So if the latest and greatest potion or cream will help you get there, SO BE IT!



**So what's one of the latest and greatest ingredients in the "War on Aging" Skin?** It's Melatonin...yes, that supplement you can buy at the health food store to get a better nights' sleep! Melatonin is actually a powerful antioxidant that increases the skin's absorption of other antioxidants (including Vitamin C & E, notoriously big molecules that are hard for the skin to absorb).

Melatonin is a key ingredient in famed plastic surgeon Gerald Imber's Youth Corridor skincare line. As soon as I read about it in this months Allure magazine, I knew I had to try it. Dr. Imber also recently updated his book, The NEW Youth Corridor (I read it)...a great guide for those folks new to the "War on Aging".

I'll be test driving Youth Corridor's Antioxidant Boost Skin Serum (\$195) as well as the Gentle Moisturizer with Green Tea (\$35)...Will that serum be worth the HIGH price tag? We'll see my beauties, we'll see....

Have you taken a trek down the Youth Corridor? Do tell...

Be Beautiful Y'all...

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- Josi on Bobbi Brown Beauty: The Makeup Face Lift Collection...
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- Beth W on Reader Beauty Pick: Boots Expert Dry Skin Balm for Winter Skin...
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Kiss Dry, Angry Skin Goodbye: Bioelements Moisture x10... »



Happy Monday my beauties..Remember last week when I told you about Youth Corridor skincare? Well, I'd like to invite one of you to take that journey with me! Let's both try and compare our results with two of famed plastic surgeon Gerald Imber's latest products. One lucky winner will receive Youth Corridor's Antioxidant Boost Skin Serum (\$145) and the Gentle Moisturizer with Green Tea (\$35).

**Now, what I need from you is a valid email address and the answer to this question in the comments:**

**What route are YOU going to take when it comes to your own aging beauty?** Will you do fancy creams only? Or will you do injections but no cutting? Do you even really care? (you get my drift, right?)...

Can't WAIT to read your answers (and draw a random winner this Friday, December 25...Oh geez...that's Xmas)!

Be Beautiful'y'all...

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« Happy Holidays Ya'll....»

» 5 New Year Beauty Tactics... »

## Big Bottle of Oops: Whose walking down the Youth Corridor for FREE?



Happy New Year's Eve beautiful people! So I'll take another glass of "Oops" please...I know, I know. I'm announcing the winner of my Youth Corridor giveaway ( a Antioxidant Boost Skin Serum \$145 and Gentle Moisturizer w/ Green Tea \$35) a TAD bit late, but here she is.....

**Miss Boom says, "I am going to exercise, eat healthy and get lots of sleep. Oh, and moisturize like crazy."**

Sounds like a pretty well-paved path, Miss Boom...and if any pot holes show up, there's nothing like a good antioxidant to patch it up..(ha-ha, sorry you know I can't help myself). Be sure to let us know what you think of the Youth Corridor after you've been on it a while, doll!

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