

How To Prevent The Holidays From Ruining Your Skin

by Kristi Mikesky | November 24, 2015

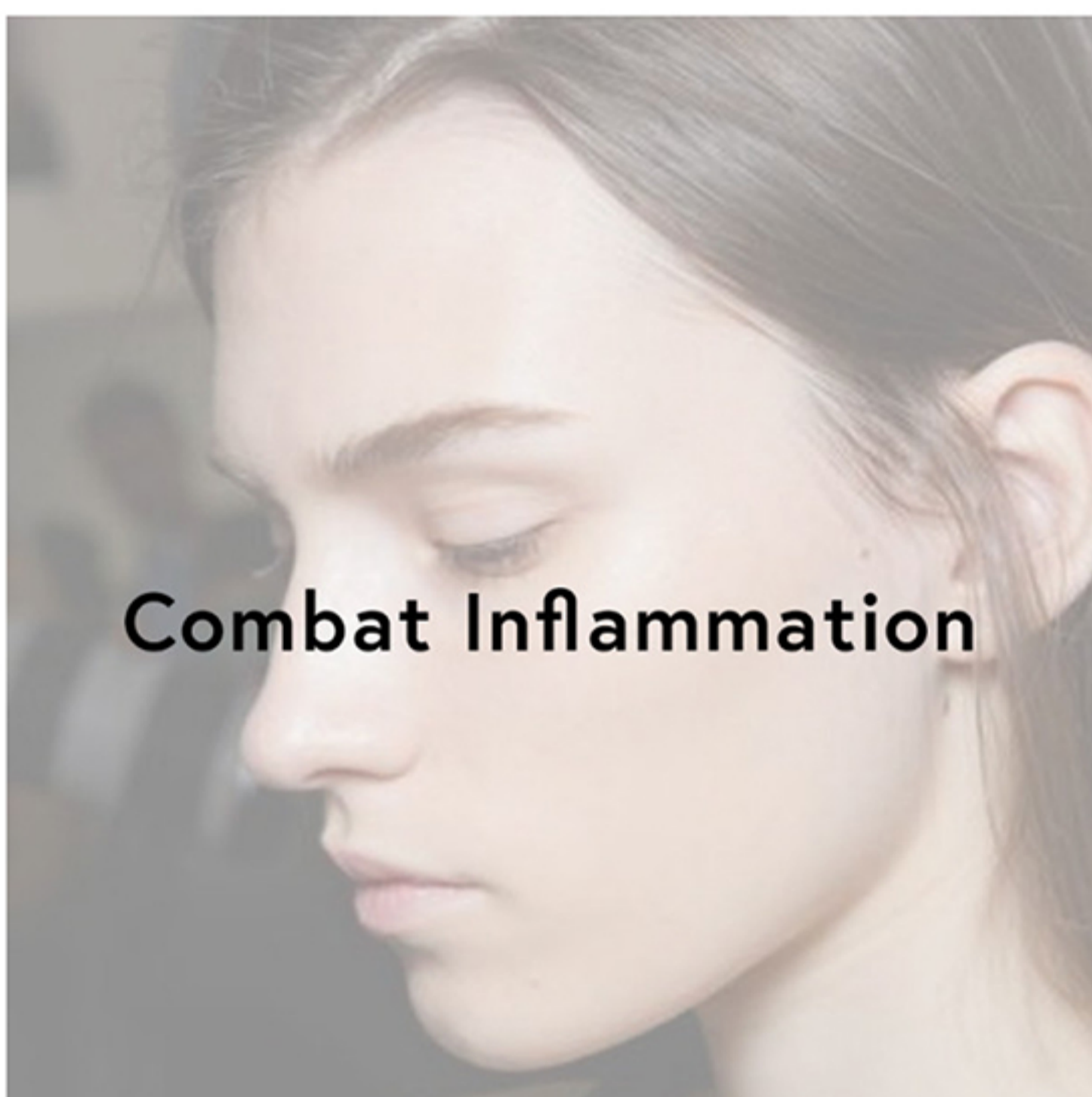
The most groan-worthy effects of overindulging during the holidays often center around the notion of gaining a few extra pounds—however, those tasty treats and seasonal cocktails can also wreak havoc on your complexion. We tapped a few of our go-to skincare gurus—Madison DeClercq and Leslie Kritzer of *Mad Beauty*, **Susan Ciminelli** and Allison Marks of *Arcona*—to educate us on the effects of such rich, festive fare, plus how to take a holistic approach to skincare this season so you're left glowing and gorgeous. Remember, you are what you eat.

VIEW AS SLIDESHOW ↗



@rachelzoe

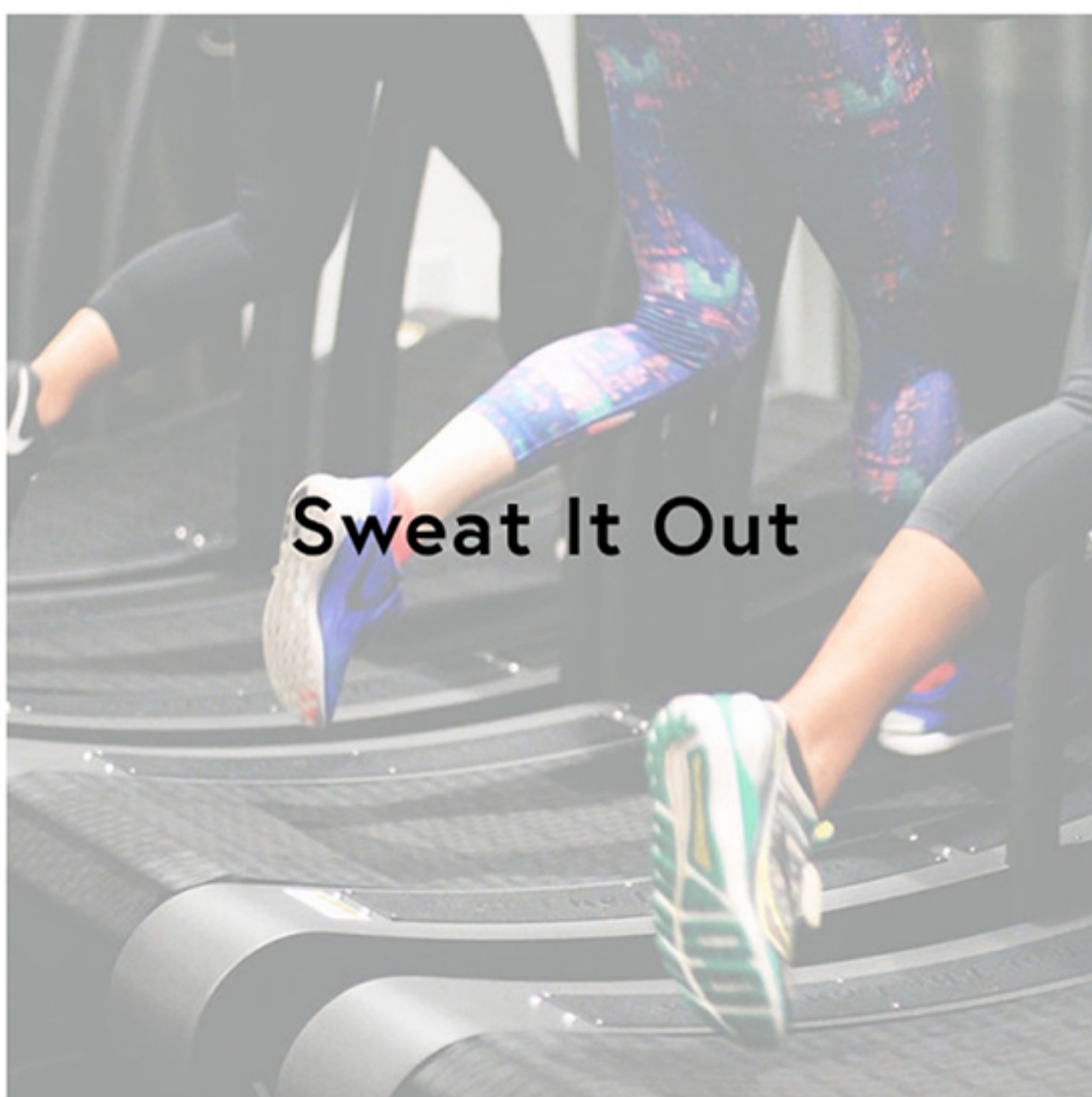
Stay Glowing This Holiday Season



@laetitia_sireix

Beware of simple carbohydrates such as stuffing, mashed potatoes, candied yams, pies, cookies and cakes—according to Madison and Leslie, they rapidly break down into glucose and result in insulin spikes, causing a burst of inflammation in the body. Inflammation produces enzymes that eat away at collagen and elastin, resulting in sagging and wrinkly skin. Inflammation also causes flushing and flare-ups in acne, and has been linked to hyperpigmentation. **Susan echoes this sentiment, noting that super sugary treats can aggravate rosacea.** To the best of your ability, fill the majority of your plate with fiber and protein-packed dishes, and keep the simple carbs and sweets to less than a third of your total portion.

[...]



@speedplayla

An obvious piece of the holiday wellness equation is, of course, exercise. **Susan notes that sweating out the toxins and shrinking your body mass with cardio will also help more immediately with residual, post-feast bloat.** Additionally, exercise will release serotonin (a bodily chemical that regulates mood balance), which is especially important in holiday situations where emotional stress may be higher than normal. *Feeling happy, healthy and balanced will reflect in your complexion.*