

Rude Wonders

your questions answered

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Michaela Maguire is proprietor of www.naturalskincare.ie and a natural skincare expert

Summer skin

I tend to sweat a lot on warm days, which is not usually a problem with Irish summers, but sometimes my make-up streaks and runs on my skin. Can you recommend anything that might help my make-up to stay on, or make-up that does not streak? I have delicate skin that doesn't react well to chemicals.



MICHAELA MAGUIRE ANSWERS: Preparation is the key to a perfect stay-put radiant complexion.

Establish a regular skincare routine morning and night using a cleanser, toner and moisturising cream that are suited to your skin type. Preferably products that are made using natural and organic ingredients which do not contain parabens, synthetic fragrances, perfumes or SLSs but carry a certification such as Natrue or BDIH –this ensures the products are natural and/or organic. Prior to applying your make-up allow the moisturising cream to soak into your skin for 10-15 minutes as this helps to avoid streaks later.

Mineral or translucent powders are perfect for the summer as they create a light, sheer complexion but also allow your skin to breath. Apply mineral powder after moisturising your skin for a radiant and light complexion. Look for a natural powder that does not contain talc which can cause skin reactions. If you prefer to opt for a heavier coverage then try applying a natural tinted moisturising cream and a dusting of natural translucent powder for staying power.

Use a natural powder blusher, bronzer or eyeshadow for your cheeks and eyes as this keeps skin matt and sweat signs at bay. Instead of wearing lipstick opt for a natural tinted lip balm.

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Dr. Jay Pennock, MD is a Physician of Emergency Medicine. He holds a strong belief in the prevention of illness through healthier lifestyles

Sports help

I am in training for a run in the Phoenix Park this summer and it's going well. I'm taking a number of supplements, but am concerned that they might not complement each other - and also am I wasting money? There must be something I can take that will cover all of my requirements?

DR. JAY PENNOCK ANSWERS: I recommend Oxylent to anyone looking for a great all-in-one solution that has everything you need. It contains as many (if not more) electrolytes than most sports drinks— helping maintain fluid balance and hydration during training, especially in the heat. But in addition to electrolytes it also provides 1,000 mg of vitamin C, a full range of B vitamins, 1000 IU vitamin D, a full panel of minerals, the amino acids L-Arginine and Lysine, and the powerful antioxidant SOD to eliminate the free radicals that can increase during training. All this comes without any of the risky ingredients found in so many sports drinks. Oxylent contains no sugar, artificial sweeteners, artificial colours, additives, gluten, soy, dairy, and no GMOs.

If you would like a question answered by Rude Health's guest experts, please email editor@rudehealthmagazine.ie