

Want to make 2008 really count? Here is some advice from the experts on how to make this a healthy and happy year. By **Bess Manson**.

new year, new you



Beauty

EXPOSURE to the sun is the biggest cause of premature aging, says advanced skincare specialist Rachel Robertson.

Make sure you use a sunscreen with UVB, which protects you from burning and also UVA, which protects your skin from premature ageing and skin cancer, she says.

Ms Robertson also recommends emptying your makeup bag and checking expiry dates. Makeup does go off and once the chemicals in products start to change they can do more harm to your skin than good.

Always, always, always remove makeup before bed. Night time is when your skin rejuvenates and repairs, she says.

It's also when the toxins in your body excrete through the pores of your skin. "If you have a layer of makeup on, the skin cannot breathe and the toxins get stuck under the surface, which can cause outbreaks of acne."