

simplify your skin care routine

As a busy mom, you may not get the me-time you deserve. That doesn't mean that you have to let your beauty routine slip. Keep it simple with these tips:

during the day

Multi-tasking is a natural part of being a mom and finding time to care for your skin properly can be a challenge. To make it simple, using **New Olay Total Effects Cooling Hydration** will keep your skin hydrated along with providing 7 anti-aging benefits in one formula.

nightly routine

Remove make up, wash your face, before bed to prevent build up in your pores. And don't forget a light moisturizer to help maintain moisture while you sleep.

sunny outlook

To prevent dryness and dullness, keep skin revitalized with Olay Total Effects Cooling Hydration under your make up. Daily use protects against wrinkles and instantly cools skin while providing long lasting hydration that lasts all day.

from the inside out

Incorporate nutrients and vitamins into your diet with these foods for healthy looking skin.

antioxidants	Protect skin cells from damage and premature aging	Berries, grapes, spinach, broccoli, whole grains
vitamin A	Helps keep skin moisturized and maintain natural elasticity	Low-fat yogurt and cheese, carrots, sweet potatoes, apricots
essential fatty acids	Maintain healthy cell membranes which help protect skin and hold in moisture	Flax seed oil, pumpkin seeds, avocados, pistachio nuts, walnuts



Does your moisturizer feel fresh all day? **New Olay Total Effects Cooling Hydration** instantly cools and leaves skin with a moisturized fresh feeling that lasts from morning to night. The lightweight formula also fights 7 signs of aging for younger looking skin.

TOTAL effects

For more info go to olay.com