

# Food Trend: Collagen Is Skincare You Can Eat!



B

y Meghan Khameraj

There seems to be a new skincare [beauty trend](#) every few months. Whether it's funky face masks or gold facials, there never seems to be a dull moment when it comes to healthy skin. This latest skincare trend is also the latest [food trend](#)! Collagen is a protein found within the body that strengthens bones and skin. Collagen is oftentimes sold in drinks or as an added protein in smoothies. Dermatologists believe that collagen has the potential to strengthen skin and reduce wrinkles, but there is not enough evidence to conclusively prove that it does as of yet.

**Collagen is the newest food and skin trend. There are a bunch of simple ways you can add this protein into your diet. Cupid has some advice to help you get in on this new trend.**

Food trends are always fun. They're even more fun when they give you great skin. In the latest food trend news, collagen is taking the world by storm. Cupid has some advice to help you incorporate collagen into your everyday diet:

**1. Drinks:** There are many trendy companies that sell drinks with collagen in them. Brands such as Vital Proteins make their trademarked Collagen Water in an array of flavors like Blackberry Hibiscus, which contain 10 grams of collagen. These drinks are super easy to add to your everyday routine!

**Related Link:** [Food Trend: Managing Meal Complexity From Kitchen to Kit](#)

**2. Supplements:** A simple and quick way to get more collagen is to take supplements. This one isn't a direct food trend but it definitely does help you get your daily collagen intake without really having to change any aspect of your daily routine.

**Related Link:** [Food Tips: Jack Fruit & Other Ocean Inspired Flavors](#)

**3. Bone broth:** Now, this might not sound like the most appetizing food in the world, but bone broth is extremely rich in nutrients and protein, especially collagen. You can use the bone broth to make a delicious soup that's perfect for the colder weather.

**4. Say “hello” to massages:** This one is also admittedly not a food trend, but you deserve to treat yourself too! Facials and face massages can directly boost collagen production in your face. So book your next facial soon!

**Have you tried the collagen trend yet? Let us know in the comments below!**

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## **Product Review: Make a Splash This Summer with Snow Fox Skincare**



by Bre Gajewski

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Plant-based skincare is the newest [beauty trend](#), and leading the way is Snow Fox. Snow Fox creates “a professional grade, natural and 100% plant-based formula.” It was originally designed by a Rosacea patient to cater to people with hypersensitive skin; however, it has proven to be extremely effective for all skin types.

**Product Review: [Snow Fox](#) is the summer skincare line used for [celebrity vacations](#) and sultry [date nights](#).**

If you are wondering what “plant-based skincare” means and if it really makes a difference, Snow Fox products make sure to notate that their formula includes no parabens, silicones, SLS, palm oil/palm oil derivatives, DEA, MEA or PEG, phthalates, formaldehyde, petrochemicals, phenoxyethanol, mineral oil, sulphates, artificial colors/dyes, artificial fragrances, synthetic preservatives, or animal origin ingredients.



Kourtney Kardashian. Photo: Rich Fury/Getty Images

Even celebrities are going “au naturel” with their skincare. [Kourtney Kardashian](#) uses the Snow Fox Vegan Sheet Mask and made the following testimony:

“Since I’ve tried incorporating natural skincare more and more into my routine, I’ve noticed my skin is less dry. There are so many chemicals and ingredients in beauty products that strip your skin of its natural hydration and oils...scroll to see my current favorites.”

We love the following three products for glowing skin this summer.



Snow Fox All in One Detox Mask

[\*\*Snow Fox All in One Detox Mask, \\$30\*\*](#)

A powerful mask that moisturizes, brightens and evens out skin tone while tightening pores. Essential oils work to extract impurities from deep within the skin. Key ingredients including Peppermint Oil Extract, Aloe Vera Leaf and 100% Organic Cotton Sheet



Snow Fox Day & Night Defense Multi Cream

**[Snow Fox Soothing Facial Cleansing Mousse, \\$35](#)**

A powerful and gentle formula that removes dirt, oils, and impurities from your face without stripping your skin of moisture. This non-irritant refreshing formula is made from organic peppermint oil extract that provides natural, cooling antimicrobial protection. Key ingredients include Citric Acid, Peppermint Oil and Aloe Vera Leaf



Snow Fox Day & Night Defense Multi Cream

**[Snow Fox Day & Night Defense Multi Cream, \\$55](#)**

Locks in moisture, repairs and protects the skin from environmental stressors. This multipurpose product can be used as a primer, a day cream, a night cream and even a mattifying foundation or BB cream blender. The cream is formulated with antioxidant Ginseng Extract and also works against fine lines, wrinkles and evens out hyperpigmentation. Key ingredients include Olive Fruit Oil, Ginseng Extract, Jojoba Oil and Macadamia Oil.

If you are looking for new skincare products that will give you beautiful, hydrated skin without any chemicals or animal testing, then Snow Fox is for you. Check out their [website](#) and follow them on social media @snowfoxskincare to learn more about their products.

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# Product Review: Beauty Products for the Men In Your Life



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y [Haley Lerner](#)

Father's Day was yesterday, and it was a reminder that it can be tough to figure out what gifts to get for the important men in our lives! Skin care is obviously something many women take very seriously, but it is actually starting to become a big industry for men as well. Men need skin care and anti-aging products, too, so the ANNEMARIE BÖRLIND *For Men* skincare line can be the perfect gift for any man. These [celebrity beauty products](#) are the perfect thing for any man hoping to better



himself.

**These great beauty products are the perfect gift to make your beau appreciate and love you even more! Check out our product review:**

### **[For Men Caring Shaving Cream – \\$20](#)**

Who doesn't love a smooth shave for a [date night](#)? ANNEMARIE BÖRLIND's Caring Shaving Cream is a natural and refreshing cream that provides a gentle wet shave for a man to get off his stubble. The product consists of natural ingredients like aloe vera and liquorice root, so there's no need to worry about this product having any harmful artificial ingredients. These natural ingredients provide a soothing and calming effect on the skin and work to moisturize and soften one's face while shaving.

### **[Exfoliating Peel – \\$50](#)**

After shaving, the perfect thing for a man's skin is to exfoliate. ANNEMARIE BÖRLIND's Exfoliating Peel is a cream peel made with natural jojoba wax beads and no microplastics! This peel removes dead skin cells and smoothens out any rough areas on the skin. This amazing product will regulate sebum production and refine the appearance of pores. Plus, certified organic shea butter in the product helps nourish the skin.

### **[For Men Revitalizing Shower Gel –\\$29](#)**

Want the perfect give for an animal-loving guy? This vegan beauty product is the perfect choice. This shower gel refreshes and cleans skin using algae extract. It's perfect for your beau to use in the morning or after a long day to make him totally relax.

Get these beauty products as the perfect gift for any man!

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## Product Review: Keep Your Skin Moisturized This Summer With Theraplex®



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y Bre Gajewski

Summer is just around the corner! This is the time of year when you get to show off a little skin. It is also, however, the time of year when the sun is extra powerful and your skin needs extra moisture. Lucky for you, there is Theraplex®!

# Product Review: Glowing and Healthy Skin for Summer

Theraplex® is highly recommended by dermatologists. They offer a complete line of uncomplicated over-the-counter products that deliver proven effectiveness and relief of all types of dry skin conditions. Now is the perfect time to take care of those skin conditions so you have nothing to hide at the pool this summer! Your skin will look like you are ready for a [celebrity vacation](#).

Theraplex® isn't just for those with overly dry skin. It is for anyone looking for a gentle formula to apply to their skin when trying to keep it hydrated and moisturized, which is so important during summer. These products are guaranteed to leave you glowing on your next [date night](#)!



Theraplex Barrier Balm

**Theraplex® Barrier Balm** is a non-greasy, hydrating balm that soothes, relieves and protects dry, chapped skin to moisturize and help restore the skin barrier. This uncomplicated formula provides superior moisture protection without irritation to sensitive or eczema-prone skin. **\$16.50**



Theraplex Emollient

**Theraplex® Emollient Moisturizer** is a rich moisturizer that soothes and protects severely dry skin (including hands, feet, elbows, and knees) and chronic skin conditions such as psoriasis, eczema, xerosis, and ichthyosis. **Theraplex Emollient Moisturizer** contains the highest concentration of special petrolatum fraction for maximum effectiveness on dry skin without irritation, penetrating deep into the cracks and fissures of the skin to provide superior, long-lasting moisturization and protection to even the driest skin.

**\$21.00**



Theraplex Eczema Therapy

**Theraplex® Eczema Therapy Moisturizer** is a non-greasy moisturizing skin protectant with *natural colloidal oatmeal* to temporarily protect and help relieve minor skin irritants and itching due to eczema and rashes. This enriched formula helps to relieve and soothe dry skin, offering hours of protection and moisture leaving skin feeling soft and smooth. **\$18.00**



Theraplex HydroLotion

**Theraplex® HydroLotion Daily Skin Moisturizer** is a lightweight, non-greasy daily moisturizer for the face and body designed to repair dry skin and protect and maintain skin's moisture balance. Because of its cosmetically light texture and superior smoothing abilities, this formulation is an ideal moisturizer for individuals with acne-prone or sensitive skin; it is also perfect for use under makeup.

**\$16.50**



Theraplex ClearLotion

**Theraplex® ClearLotion Moisturizer** is a lightweight, fast penetrating emollient oil moisturizer, ideal for use after showering or bathing. When applied to damp skin, **Theraplex ClearLotion Moisturizer** uniquely wraps around water on the skin's surface sealing in moisture and protecting against the loss of natural oils that water and soap can strip away. In addition to the special petrolatum fraction, *natural jojoba oil* helps to provide added protection against moisture loss and prevent dryness without irritation. **Theraplex ClearLotion Moisturizer** penetrates deep into the skin in seconds, providing long-lasting moisturization and protection to leave

skin soft and smooth. **\$18.50**

**Theraplex also offers two facial cleansers, both gentle enough for daily use.**



Theraplex Gentle Cleanser

**Theraplex® Gentle Cleanser** is a soothing, cleanser that thoroughly cleans skin of oil, makeup and impurities without stripping or overly drying delicate facial skin. Gentle enough for sensitive skin, this lightweight formula combines the *essential oils of rose hip seeds* and *exotic loquats* with the antioxidant and anti-inflammatory properties of *seaweed* to leave skin feeling fresh and clean without any residue.

**\$12.00**





Theraplex Clean 'N Treat  
Alpha/Beta Cleanser

**Theraplex® Clean 'N Treat Cleanser** is a soapless creme cleanser which removes oil, dirt and makeup without stripping or drying the delicate skin on the face for clean, healthy-looking skin. It is specially formulated with a combination of *glycolic, lactic* and *salicylic acids* to gently exfoliate and slough away dead skin cells leaving pores clean and free of oil and cellular debris. Gentle enough for sensitive skin, **Theraplex Clean 'N Treat Cleanser** leaves skin feeling fresh, clean and hydrated. **\$15.00**

**If you're looking for something to hydrate your skin this summer, look no further and check out Theraplex!**

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# Beauty Tricks: 7 Ways to Maintain a Young-Looking Face



By [Melissa Lee](#)

We all want to look as youthful as possible for as long as possible. We spend money on creams, facials, fillers, and even sometimes plastic surgery. To get some [beauty tricks and tips](#) for how we can maintain a young-looking face, we went to several great beauty professionals including Dr. Kirk Brandow, founder and director of the Brandow Clinic for Cosmetic Surgery in Philadelphia, who has appeared on national programs such as Good Morning America and 20/20.

# If you want a face that looks fresh and youthful this summer take some tips from these experts and implement these beneficial beauty tricks into your own life ASAP!

**1. Get rest:** There absolutely is such a thing as beauty sleep. “Women come to my practice thinking they need an eye-job or a face lift when all they need is sleep. Sleep is a time when we rejuvenate ourselves and cellular turnover is at its height. Getting 7-8 hours of sleep nightly will make a huge difference in how youthful a woman appears especially as she approaches age 30 and collagen production decreases,” says Dr. Brandow. “A woman can speed up aging if they are constantly sleep deprived.”

**2. Use an overnight treatment:** If you suffer from breakouts or skin dryness leading to wrinkles or blotches, treating your skin concerns at night, is a way to maintain a youthful glow. “Work closely with your dermatologist or aesthetician who can recommend non-irritating skin treatments specifically addressing your concern,” advises Dr. Brandow. You want to take advantage of overnight options available to boost collagen and heal skin while sleeping.

**3. Hydrate:** When it comes to anti-aging and putting your most youthful face forward, water is key. Water flushes your system of toxins which helps skin to glow. “Women spend a lot of money on topical creams formulated to boost moisture and hydrate the skin yet, if they integrated more water, even 4, 8 ounce glasses per day, they would see fewer wrinkles and an overall smoother younger skin texture within a month,” says Dr. Adriane Pompa, Miami based board certified dermatologist who specializes in aging skin.

**4. Be smart about fillers:** Fillers are used to add volume that diminishes as we age but people have taken it to extremes. There have been many advancements with fillers over the past 5 years offering more options and more sophisticated ways to administer them to achieve a youthful look. According to Dr. Brandow, many patients believe that filling their cheeks will soften their laugh lines, so they push doctors to administer two to four syringes in their cheek bones and cheek area at once. This can result in swelling and doesn't necessarily lift their face. Fillers are often done as an alternative to a face lift but, if not spread out over several weeks, it just gives the patient an unnatural look that distorts their face and makes them look odd. "My personal preference is to perform the fillers sequentially. For example, I will use one syringe of filler in multiple locations. Then I'll have patients return in 4-6 weeks and perhaps do another syringe to the same places, or different places, giving them an overall natural look. This leads to a softer, more natural result. The key to doing fillers well are going with small amounts every 4-6 weeks," explains Dr. Brandow.

**5. Get facials:** According to Dr. Adriane Pompa, one facial per month does wonders for skin's clarity, texture, and ability to produce collagen. "There are many at-home facials available one can do weekly. The key is knowing your skin type and ingredients that address your specific skin concern. Also, you can treat different parts of the face differently depending on skin issue. Let's say you are prone to breakouts on your jawline, have wrinkles on your forehead and dryness on the cheeks, your dermatologist or aesthetician can recommend a facial plan customized for you."

**6. Consider lasers and light:** Lasers are another tool that blasts away acne scars, evidence of past sun damage and evens out skin giving that flawless, youthful glow. There have been so many advancements with lasers resulting in more immediate results without downtime. Lasers typically cost between \$600 –

\$1200 per treatment depending on the city and type of laser. The advantage with lasers is accuracy. You can treat a specific area without affecting the rest of the surrounding skin.

**7. Tone down your make-up:** One way to immediately take 10 years off your look is to revamp your make-up. Consider hiring a professional make-up artist who can teach you how to enhance and even modernize your look. New York make-up artist, Carlo Geraci, who was protégé to Trish McEvoy and Kevin Aucion, explains that a lot of women are doing their make-up the same way they did 20 years ago. That bronzer that you loved in the 90's when you were 24 may appear harsh and outdated at 44. "Heavy eye liner and strong lip colors may only accentuate wrinkles and fine lines. As women age, less is more when it comes to make-up. Opt for a great hydrating foundation or a touch of concealer, a pinch of blush, a swipe of mascara or a gray or brown eyeliner and a natural looking lip liner topped with a tinted hydrating balm," he suggests.

**Which of these beauty tricks will you be adopting to keep your face looking fantastic? Let us know in the comments!**

### **About the Experts:**

**Dr. Kirk Brandow**, founder and director of Brandow Clinic for Cosmetic Surgery is a plastic surgeon with 2 locations in the Philadelphia metro area and a 3rd one at the jersey shore. Named a "Top Doc" in Plastic Surgery by Philadelphia Magazine as well as nationally recognized for one of America's "Best Plastic Surgeons" of this decade, Dr. Brandow is a trusted expert who has developed many innovative, minimally invasive procedures for the face, body and skin. He has been featured on local, national and international television programs including 20/20, CNN's Headline News, Good Morning America.

**Dr. Adriane Pompa** is a board-certified dermatologist and Associate Professor of Dermatology at University of Miami, Jackson Memorial Hospital who is highly trained in medical

dermatology, dermatologic surgery and cosmetic dermatology. In addition to her general practice, she specializes in anti-aging skin care, skin cancer prevention and treatment, and laser use in dermatology.

**Carlo Geraci**, New York make-up artist has worked alongside Kevin Aucoin, helped launch the Trish McEvoy brand, and was invited by Barneys New York to become the first Beauty Guru, a position created specifically for him. His work has appeared in print and commercial campaigns, New York Fashion Week runways, red carpets, Broadway stages, television, film, and fashion editorials. He has also appeared on the Style Network, CBS News, and Today on NBC.

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## **‘Botched’ Star Dr. Paul Nassif Launches New Anti-Aging Skincare Line**





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Interview by [Lori Bizzoco](#). Written by [Rebecca White](#)

For those of us who are feeling aged, don't get enough sleep or are constantly stressed, a good skincare product always helps us look and feel better. But, with so many beauty products on the market, how can a girl even choose. That's why we were thrilled to find out that our trusted TV doc, plastic surgeon and former *Real Housewives of Beverly Hills* [reality TV](#) star, Dr. Paul Nassif launched a new anti-aging collection, [Bio-Clock Dermaceuticals](#) earlier this year. This skincare line is no joke. It fills your pores with love.

During an exclusive celebrity interview with CupidsPulse.com, the star of E!'s reality TV show *Botched* spoke about his new collection and shared details surrounding how his amazing beauty products will cleanse and hydrate your skin just in time for your next [date night](#). You can even check out the famous doctor's summer beauty tips and learn how these products can cleanse, exfoliate, hydrate, and protect your skin in our product review below.

# Dr. Paul Nassif's Summer Beauty Tips

As a facial plastic surgeon, it comes as no surprise that Dr. Nassif looks at skin differently than a dermatologist would. Even when he's doing a facelift, the reality TV star says he can see the loss of elasticity, collagen, and hydration. That's why his goal was to have active ingredients in his new beauty products, such as ElastaDermC, a potent form of vitamin C, and retinol which will really make your skin glow. Dr. Nassif's skincare line features all of the essential ingredients for a proactive summer, such as the gentle cleanser, detox pads, hydro-screen hydrating serum, and night beauty serum. Like the doctor says, these products will "wipe away the signs of aging." The surgeon explains how to use these products effectively this summer with his beauty tips below.

**Related Link:** [Product Review: Express Your Love With a Chalk Me UP! T-Shirt](#)

**1. Cleanse.** This is especially important during the summer because of the hot and humid weather which leads to sweat that takes longer to evaporate off your skin. The *Pure Hydration Gentle Cleanser* is gentle enough to remove eye makeup but tough enough to remove pore-clogging debris. Don't let that humid weather ruin your skin's glow.

**2. Exfoliate.** Make sure you exfoliate at the right times. Not only will it help you maintain a fresh fake tan, but gentle facial exfoliation will help create a better canvas for makeup application allowing your skin to wear less on those warm, summer evenings. The *Detox Pads* in Dr. Nassif's new anti-aging skincare line are shown to remove 108% more makeup and dirt than soap and water because of ingredients like retinol, glycolic acid, and salicylic acid (see image above). You will



love how amazing your skin feels after a 30-second detox session with this age defying product. Remember to exfoliate the morning after a swim in the pool or ocean, not prior.

**Related Link:** [Product Review: Find Out Why Celebrity Babies Love Lorena Canals Rugs](#)

**3. Hydrate.** Stay hydrated. You may have let up on this a little since winter left the premises, but don't give it up for good. A solid moisturizing routine can do many beneficial things for your complexion. Dry skin is unhappy, damage-prone skin, so apply a product to protect it from summertime drying agents like sunburns, salt, and chlorine. The new *Hydro-Screen Hydrating Serum* is a lightweight moisturizer that plumps as it hydrates. "Your skin drinks this product," the surgeon said in an exclusive celebrity interview with CupidsPulse.com. "This is one of the only products that hydrates your skin. Our goal is to increase hydration, luminosity, and help the appearance of discoloration."

**4. Protect.** Your skin is a barrier that protects you from environmental aggressors like pollution, bacteria, and moisture loss. Keeping your skin healthy helps that barrier continue to work properly. Protect your skin with products that contain antioxidants which will help repair damaged skin and prevent free radicals from doing undesirable work. The *Day Therapy Energizing Creme* and *Night Therapy Antioxidant Night Serum* will revitalize your skin, increase the effectiveness of your sunscreens, and boost your skin's defense against UV exposure. Dr. Nassif says these products work for your entire face.

These beauty products are proven to reduce dry lines, wrinkles, age spots, sun spots, and discoloration. Many of Nassif's patients have noticed that their skin returned to its natural tone after using the product line. Don't believe us? The reality star and doctor uses his own products, and at 54 years old, he looks 10 years younger.

Whether you're getting ready for your next date night or just keeping up with the latest beauty tricks, Dr. Nassif's anti-aging beauty products have you covered. Be prepared to feel the difference of the active ingredients working to help you through the aging process.

*To learn more about or purchase Dr. Nassif's beauty products, visit the [HSN site](#).*