



ROUX ANTI-AGING HAIR CARE PRESENTS

101 ANTI-AGING TIPS

OUR BFFs
**TELL
ALL!**

THEIR SECRETS TO:
Shiny hair
Radiant skin
Boundless energy

THE FAB 5:
Moisturizer
Sunscreen
Water
Fruits & Veggies
Exercise

ROUX[®]
Beautifying
women
for more than 80 years

Special savings inside!

NEW! *Roux*®

ANTI-AGING

Instantly Younger-Looking Hair



92% Rejuvenated Hair*

*Consumer panel. When used together with Anti-Aging Shampoo, Conditioner, and Hair Serum.
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HAIR CARE

In celebration of the launch of Roux Anti-Aging Hair Care this year, we asked you to share your top anti-aging tips—especially those that have been passed down through your families from your grandmothers, mothers, aunts, sisters and cousins, or shared by your best friends.

Tens of thousands of you—our BFFs (best friends and fans)—shared your top secrets and daily rituals for looking and feeling more youthful.

Thousands of you shared these top 10 practices and beliefs:

- 1 Moisturize daily**, head to toe.
- 2 Wear sunscreen** every single day.
- 3 Drink** lots of water.
- 4 Eat** plenty of anti-aging fruits and vegetables.
- 5 Exercise.**
- 6 Apply some kind of oil** to hair and skin, with your favorites being coconut, argan and olive oils.
- 7 Do not smoke.** Quit if you do. Avoid second-hand smoke.
- 8 Remove your makeup** before bed every night.
- 9 Exfoliate, exfoliate, exfoliate.**
- 10** And saving the best for last, **get plenty of sleep.**

Others of you got really creative, tapping into your family's rich heritage or sharing the lifestyle practices you've learned and fine-tuned on your own.

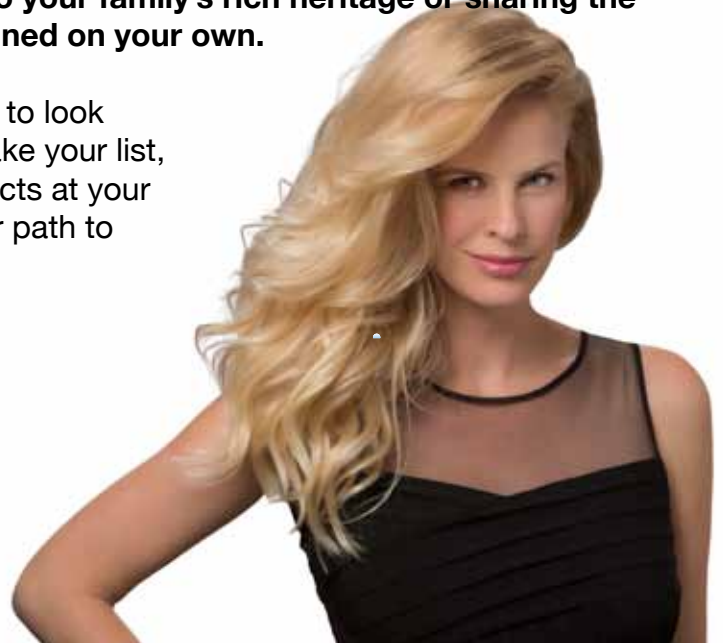
Put them all together, and you've got 101 ways to look and feel more youthful from head to toe. So make your list, pick up some Roux Anti-Aging Hair Care products at your local Sally Beauty store and get started on your path to younger-looking hair. (We're kick-starting your efforts with a BOGO coupon on page 35!)

Cheers!

Your friends at Roux

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101 Anti-Aging Tips!

What you'll find inside

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Tips from our Top 10 Finalists

All of our finalists won a set of Roux Anti-Aging Hair Care products!

We love the family memories, common sense and humor our Top 10 finalists shared in their entries from our Ageless Beauty Secrets Contest. Let's take a look.

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“My favorite memories with my late grandmother took place during our lazy Sunday afternoons sipping

lemonade or playing cards. Sometimes she made those days even more special when they turned into spa days. We would file our fingernails and apply cuticle oil. Then, **she would mix oatmeal into a face mask and—my favorite part—cut up cucumbers to put over our eyes.** This was also her age-defying secret. She swore the cool cucumbers would keep the dark circles away. I shared a similar anti-aging spa day with my mother and little sister for Mother's Day last year, and we had a great time!”

—Gayle Barcus, Dayton, OH

Congratulations to Gayle Barcus, who won our “Roux Ageless Beauty Secrets” contest. For sharing her secrets, she snagged the coveted grand prize—a \$3,000 Louis Vuitton handbag in gorgeous Roux blue!



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“My favorite anti-aging secrets are pretty basic—**drink lots of water, get some**

quality sleep and spend time with my family. My smile lines tell me I’ve lived a lucky and well-loved life, but a good facial peel never hurt anyone either.”

—Erin McMillan, Madison, WI



Stronger, longer hair can be yours!

Roux Anti-Aging Keratin Repair Shampoo & Conditioner gently cleanse and condition your hair, increasing its strength and preventing further damage. Keratin amino acids and biotin in the sulfate- and sodium-chloride-free formulas rebuild, **restore and rejuvenate all hair types**. Vitamins A & E **nourish and protect the hair**, while UV protectors shield it against damaging UV rays. Roux’s consumer panel members agreed that their hair was **92% rejuvenated** with regular use.

NEW! *ROUX*

ANTI-AGING

Instantly Younger-Looking Hair

WOMEN AGREE:

92% Rejuvenated Hair
88% Stronger Hair
96% More Moisture
88% More Brightness
73% More Volume



Roux Anti-Aging Hair Care combats all the signs of aging hair: thinning, unruly grays, breakage, dullness and dryness. Plus, it strengthens and renews hair from the inside out.

These innovative formulas contain an exclusive Instant Vitality Complex that is enriched with keratin and anti-oxidant vitamins A & E, biotin, panthenol, UVA/UVB filters, and is formulated without sulfates and parabens.

*Compare your hair next to other anti-aging brands. Conditions apply. See us.

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www.RouxBeauty.com



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“My mother always told me to keep my body hydrated on a daily basis, head-to-toe, inside and out. That’s why I always **moisturize my hair with conditioner, my skin with lotion and my body by drinking lots of water.**”

—Amy Boggs, Millville, NJ

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“Always be confident in yourself and your beauty. **Confidence is the No. 1 anti-aging secret...** that and a bit of sunscreen will help you look incredible!”

—Cheryl Shields, Johnson City, TN



Potent leave-in treatment revitalizes hair

Roux Anti-Aging Hair Serum **revitalizes and rejuvenates** thin, dull, damaged, dry and/or age-weakened hair. Keratin amino acids and biotin rebuild, restore and rejuvenate all hair types. This leave-in treatment provides 100% anti-oxidant protection to **strengthen each hair, reduce breakage and add volume**. The result? Hair that looks and **feels healthier, stronger, younger and more beautiful**.

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“For me, feeling younger has always been about **letting go of anger, remembering to breathe deeply and meditating daily.** Remember when your Mom said, ‘Your face is going to stick that way?’ Next time you go shopping, look around you...Mom was right! Of course we all get angry. The secret to youth is learning to release it in as an expedient manner as possible. Breathing deeply and focusing on those breaths is a terrific tool for that, as is daily meditation. I am 51 years old and people frequently tell me I look like I’m in my 30s. I have not only shared my philosophy with my two beautiful daughters, but also with my son. Thank you for allowing me to share it with you, as well!”

—Alexandra Reynolds, Merrimack, NH

Super-hydrator increases hair’s moisture by 76% instantly to fight signs of aging hair

Roux 619 Anti-Aging Extra Moisture Leave-In Treatment with replenishing panthenol **hydrates the hair, boosting its moisture by 76%.** Anti-oxidant vitamins A & E plus biotin hydrate and condition. **Hair becomes more manageable and bouncy with youthful shine.**



Time to bring your hair back into balance



Roux Anti-Aging Porosity Control Corrector & Conditioner infuses moisture into your hair to equalize its porosity, returning it to a balanced state. **The result is hair that's more manageable, smooth and vibrant.** This anti-aging treatment leaves age-weakened hair looking healthier with a youthful shine. It also helps prepare your hair for chemical treatments, so results are predictable. Our consumer panel agreed that their **hair was 85% stronger** with regular use.



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“My grandmother and mother, two beautiful Italian women, always told me to **take some time for myself** once a week. Now, every Sunday, I draw myself a bath, put on music, pour a glass of red wine, deep condition my hair and exfoliate everywhere I can. My mother is 62 and looks 42 — you can't beat that!”

— Corey Kindberg, New York, NY

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“The best anti-aging tool is attitude. What you eat and what skin care routine you use are both important. Add a great attitude, and you will hold your head high and walk with confidence at any age!”

—Teresa Ross, Avondale, AZ



Reduce damage by up to 40% instantly!

Roux 233 Anti-Aging Extra Repair Leave-In Treatment with strengthening keratin **rehydrates and repairs your hair and prevents split ends to reduce damage by up to 40%**. This vitamin-enriched formula infuses keratin into the hair’s cortex layer for stronger, longer hair. It also balances porosity to rejuvenate color-treated, bleached and double-processed hair.

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Pump up your volume by 89% instantly!

Roux 07 Anti-Aging Extra Volume Leave-In Treatment **infuses thickening collagen into your hair to boost its volume by 89%**. This concentrated treatment leaves your hair more youthful, bouncy, voluminous and shiny. Vitamins A & E nourish and protect, **leaving hair fuller and thicker and younger-looking.**

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“I **eat apples** to help my skin look younger instantly. Lots of water and other fruits help, too! Working toward inner peace and an appreciation for things of beauty gives me a glow that only age can bring!”

—Cathry Morhan, Milwaukie, OR

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“As the daughter of an agelessly beautiful mother, I learned from childhood that the most important factor in staying young-looking is this: **Protect yourself from**

sun damage! UV rays are not your friend. **Using products that protect your hair and skin from the sun’s damaging effects will help you look and feel decades younger** than your sun-worshipping peers. Using anti-aging products with UV protection is an easy, effective way to turn back the clock and stay youthful!”

—Melissa Darwin, Baltimore, MD

Roux’s consumer panel agrees: ‘We had 92% rejuvenated hair with regular use!’

Roux Anti-Aging Color Protect Shampoo & Conditioner lock in hair color and lock out damage caused by environmental stressors for longer-lasting color. In fact, Roux’s test panel found that this dynamic duo **helped their hair retain 96% of its hair color after 10 washes**. Roux’s consumer panel members agreed their hair was **92% rejuvenated, 88% stronger and 88% brighter with 96% more moisture** after regular use.



Healthy hair starts with a healthy scalp

Roux Anti-Aging Hair & Scalp Rehab Leave-In Treatment with renewing biotin improves the appearance of new hair growth. It fights signs of aging by **stimulating the scalp to revitalize hair follicles. Plus, it rehabilitates and rejuvenates thinning and/or age-weakened hair.** Vitamins A & E nourish and protect. The result? **Beautiful, healthier, younger-looking hair.**



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“One excellent secret is to **NEVER sleep on your face.** If you have to, put your arm up on your forehead, so when you lie face down, your arm will protect your skin from any pressure on your face. Always wear sunglasses and use a skin care system that’s right for your complexion. Eat lots of fruits and veggies and drink water, water, water. Best of all, enjoy your life.” – **Carol Luskey**

Tips from our Photo Shoot

With women just like you!

Roux Anti-Aging Hair Care asked women, **“What are your secrets for looking and feeling younger?”** Here are the answers from the video stars you met on our Facebook page. Visit [Facebook.com/RouxBeauty/videos](https://www.facebook.com/RouxBeauty/videos) to hear them share the anti-aging tips that have been passed down through their families.

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“One of my secrets is to **celebrate every day with little indulgences**—that cup of coffee in the morning, curling up with a glass of wine at the end of the day or a Friday date night. Those little indulgences help me look and feel amazing.”

—**Kimberly Morris (right)**
blogger at **Smitten in Cleveland**



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“One of my secrets for feeling beautiful is to have amazing hair. I feel like **when my hair looks great, no one notices my fine lines and wrinkles.**” —**Kimberly Morris**



“To keep my skin moisturized, I **mix olive oil and mayonnaise together and apply the mixture as a facial mask.** Then, I relax with thinly sliced cucumbers on my eyes to prevent puffiness.” —**JaeNicole Ivey, model and stylist (left)**

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“My mom always told me the easiest way to tell a woman’s age is by looking at her neck and hands. We tend to forget to take care of those areas. So **any time I do any type of mask, exfoliating or moisturizing treatment, I apply the products to my neck and hands** to treat them, too.”
—Nichole Rose, stand up comic (left)

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“My mom taught me the importance of using moisturizer on both my body and hair. One trick she taught me is to use very, very warm water for shampooing and rinsing. Next, I apply conditioner, let it sit for a minute, then rinse with cold water. That seals the moisture in and leaves my hair super soft.”—Nichole Rose

“I’m very fortunate to work with an improv comedy group, and I can tell you that **laughter truly is the best medicine**. It keeps your skin sparkling and your eyes dancing.”—Nichole Rose

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“One of my secrets is to step out of the shower and **blot my face dry**—no rubbing! It’s a lot less harsh on my skin. Then I immediately apply moisturizer.”
—Nancy Lustri, blogger at Style, Décor & More (right)



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“For soft, smooth hands, I mix a little bit of olive oil with a teaspoon of sugar, then rub the mixture over my hands while I’m waiting for water to boil on the stove. My mother and I always did this when I was young. Now, my teenage daughter and I enjoy doing this together.” —Nancy Lustri

“At the end of my shower, I rinse my hair and skin with cool water to lock in moisture and stop frizzies in their tracks.”
—Nancy Lustri

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“My mother taught me to always use upward strokes around my eyes when applying my makeup to fight gravity’s pull. I’ve shared the same tip with my daughter.”
—Nancy Lustri

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“I believe less is more. For example, every morning, I do a light makeup application to look polished but not overdone.”
—Marie Link (right)



Check out Roux’s Facebook page daily for new anti-aging tips.

 [Facebook.com/RouxBeauty](https://www.facebook.com/RouxBeauty)

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“A tip I learned from my mom is to **apply petroleum jelly on my skin and around my eyes at night**. This prevents moisture from escaping and keeps my skin soft and smooth.” —**Marie Link**

“I mix **baking soda** with my face cleanser once a week to scrub and exfoliate my face. I also mix it with my favorite shower gel to exfoliate my dry skin. And I even mix it with my toothpaste to make my teeth shiny and white.” —**Jennifer Korach, mother of two, former teacher and social worker (below)**

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“One of the things I do to look and feel younger is to **smile**. When you’re wearing a smile, you feel happy on the inside and outside, and your inner beauty radiates.”

—**Jennifer Korach**

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Tips from our favorite beauty bloggers and writers!

They share their best-kept anti-aging secrets!

35

“It’s all about the hair! **Soft, long bangs take years off your look.** Long layers that have movement and shine keep you looking younger. Plus, a once-a-week deep conditioning treatment is well worth that extra 15 minutes.” —**Lisa Acton, blogger, Beauty Info Zone**



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“Rough, dry lips can lead to permanent creases that make you look older. To keep them soft, **I lightly brush my lips with a soft-bristled toothbrush right after I brush my teeth.** If they’re particularly dry or I’ve been remiss, I sprinkle a little baking soda on the brush, then follow with a hydrating lip balm.”

—**Jeryl Spear, editor, HOT magazine and hotonbeauty.com (below, left)**



“My hands are always dry, and dry hands give away your age faster than a speeding bullet. I use hand creams regularly, but sometimes I just want to create a light film to keep moisture from escaping. I do that by **applying a light coating of vegetable shortening and pull on cotton gloves.** In the morning, my hands are baby soft.” —**Jeryl Spear**

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“Enjoy your life and don’t deprive yourself. Eat the cupcake. Just don’t eat the whole box.”—Angie Kritenbrink, blogger, Life with Angie

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39

“When applying foundation, **use light-diffusing or mineral-based products with a high SPF.** Avoid cream foundations, which can settle into lines. Under the eye, use a thick application of a light-diffusing foundation, wait 20 seconds, then blot it off. Once you remove the excess, the area plumps up, but you don’t get a chalky

look.”

—Victoria Wurdinger, beauty writer

“Mature women purchase more lipstick than any other cosmetic. To use it to your advantage, **start with a silicone lip primer to stop feathering.** Then line and fill-in your lips with a tinted lip liner. It’ll help color last longer—just don’t try to create a fuller lip than you have.”—Victoria Wurdinger

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Refresh fading hair color!

Roux Color Refresh Mask deposits direct dyes to refresh your hair color.

The gentle formula features ionic pigments that adhere to the hair, so there’s no need for ammonia. Alpha hydroxy fruit acids provide intense moisture, leaving your hair touchably soft and smooth with brilliant shine.



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“Squinting is a big cause of wrinkles around the eyes. So, my favorite anti-aging tip is to **wear sunglasses outside**, even if it’s overcast. Also, if you notice your vision isn’t as clear as it used to be, buy some cool-looking readers. Both keep the skin around the eyes smoother.” — **Kari Solyntjes, blogger and founder, Fab Over Forty**



“My secret is **using rosehip oil as a moisturizer** both day and night. Wow... Smooths skin, adds a glow and keeps you looking flawless. Easy!” — **Karen Morse, blogger, GlamKaren**

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“Ever since I was in my early 20s, I’ve been **eating a more Mediterranean diet—heavy on seafood and veggies**. Of course back then, I didn’t realize that’s what I was doing—but heavy fried/breaded food just seemed bad. As I’ve aged, this diet (oh yes, olive oil a big part of it!) seemed to be beneficial for my hair and skin! A glass or two of red wine is also my drink of choice and has proven to be a nice anti-oxidant, as well!”

— **Bonnie L. Krueger, editor-in-chief, Sophisticate’s HairstyleGuide**

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“A favorite and easy tip is to **apply my eye cream above my top lip and around the border of my mouth** every night to help hydrate any lip creases and prevent new lines.”

— **Amber Murray, blogger, Beauty Junkies Unite**



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More entries from our Ageless Beauty Contest

45 “My secret is **exfoliating** my face to remove dead skin. I scrub with a mixture of raw honey and sugar, then soothe my face with witch hazel or tea tree oil.” —**Ashley Alvarez, Long Beach, CA**

“I’ve been moisturizing daily since my teens. In addition, I **drink green smoothies three to four times a week**. I combine green leafy plants, fruit, flax seed and 100% juice in a blender and sip. Yum!” —**Tracey Olson, Norfolk, NE**

47 “I **sleep on a clean pillowcase every night**. Otherwise, dirt and oils from the night before can transfer back onto my clean skin.”
—**Lisa Fury, Metairie, LA**

48 “My favorite anti-aging secret is a homemade face scrub that a friend shared with me. I cut an organic lemon in half, add a few drops of pure organic honey, then sprinkle on some baking soda. Next, I gently rub it on my face in a circular motion. After 1 minute, I remove it with a clean, hot towel. The scrub removes the oils on my face, as the acid from the lemon deep-cleans my pores and helps prevent black heads from forming. Plus **the baking soda works as an abrasive scrub**. It leaves my face feeling refreshed and younger.”
—**Renee Holstein, Jacksonville, OR**



Change or refresh your hair color!

America’s best-selling temporary hair color —
Roux Fanci-Full Rinse Temporary Hair Color —lets you **make a temporary color change or refresh faded locks** to keep hair color looking its best. Available in 16 natural-looking shades, it blends away gray for an instant color boost. Plus, it evens tones and removes brassiness. Built-in styling lotion and conditioners add manageability, control and shine.



Add color as you style

Roux Fanci-Full Color Styling Mousse lets you add rich, temporary hair color as you style. Use it to blend away gray or experiment with different shades. The creamy, whipped foam imparts temporary color that shampoos out. Plus, it gives your hair extra volume and fullness. Ready to use, it requires no activator, peroxide or mixing. It's

49

“My favorite anti-aging secret is taking **milk baths.**” Just like Cleopatra!
—Ashley Rodeo, Gloversville, NY

“Makeup makes me feel alive and more alert! **A nice lipstick can brighten your face** and make everyone think you’ve got it all together!”
—Natalie Perez, Fresno, CA

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“Genetics play a big part—then I help them out a little. My 75- and 85-year-old aunts both still look young for their ages. People tell me the same thing at 54. Two reasons beyond genetics? **No heavy makeup and a good cleanser.**” —Elaine Powell, Lookout Mountain, GA

“**I eat a lot of berries**—especially blueberries and blackberries—to help fight the effects of aging. They taste good, too!”
—Ashley Marous, Mentor, OH

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“My family is from Ireland, where they **eat kelp** frequently. My mother and grandmother would dry the kelp and then grind it to make a fine powder. They would then mix the kelp powder with honey and yogurt to make a mask to use on their hands, necks and faces. When my mother died at age 88, she did not have a single wrinkle on her face or neck. Plus, her hands looked like they belonged to a 30-year-old.”
—Elizabeth Geiger, Lakeland, FL



10 minutes to beautiful brows!

Roux Lash and Brow Tint gives you bold lashes and beautiful brows in just 10 minutes!

Available in black or brown, the no-dye formula is safe to use around the eye area and on lashes for naturally beautiful brows and lashes.

“My secret to anti-aging is **regular exercise**. I do yoga 2 to 3 times a week, strength training 2 times a week and cardio workouts 3 times a week. It is hard to get motivated some days, but once I do, I always feel better knowing that I am taking care of my body! I also try to eat a balanced diet. Then, one day a week, I allow myself to enjoy anything I like. I take a supplement to keep my hair, skin and nails looking healthier. The most important tip of all is to **enjoy life and to put humor into everything.**” —Michelle Grassel, Gladstone, MI

54

55 “Growing up, I watched my mom put **vitamin E oil** on her face. She’s 65 now and still has beautiful skin! I can only hope my skin is in such good condition when I am her age.”
—Brenna McLeran, Fort Dodge, IA

“I exercise, eat lots of tomatoes and **high-anti-oxidant foods like blueberries**. Plus, I use sunscreen and moisturize daily.”
—Randall Allen, Foley, AL

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57 “I do **facial exercises** while I’m driving or sitting in front of the TV or computer. They’re easy!” —Pam Irwin, Bellingham, WA

“My mother always tells me to **pinch my cheeks**. It won’t prevent aging, but it does give me a temporary, youthful glow.”
—Erika Svendsen, Revere, MA

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“My aunts shared so many tips with me when I was growing up. My favorite is to **use a coconut oil hair mask** once a week to keep my hair moisturized and shiny. Thicker, shinier, healthier-looking hair always looks more youthful.” —**Marisol Reyes, Bronx, NY**

“To help firm my skin, **I apply egg whites to my face** every other day. After 30 minutes, I gently rinse with warm water.”

—**Donna Puckett, Mount Airy, NC**

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“An elderly lady I used to volunteer with used **rosehip marmalade as a facial mask**. I don’t know the science behind it—though rosehip is rich in vitamin C—but she did look great!”

—**Julia Cole, Batavia, NY**

“After my morning cup of coffee, **I rub the moist coffee grounds on my face!** It’s helped smooth my scars and wrinkles!” —**Paris Gregory, Mohegan Lake, NY**

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63

“**I eat organic foods**, including lots of protein and green smoothies. Plus, I exercise as much as possible, especially to keep up with my 85-pound chocolate Labrador, Kane.” —**Shayla Moroney, Exeter, RI**

64

“Starting young was my key! My grandmother gave us **face cream** at a young age, plus weekly reminders to use it. She’s 75 years old and looks 50!”
—**Georgina Berrios, Hagerstown, MD**

“I like this anti-aging secret from India—**drink ginger tea!** Mix some shredded ginger and honey into hot water and sip to enjoy. Honey has natural anti-bacterial properties and helps reduce inflammation. Ginger is rich in an anti-oxidant called gingerol, which helps protect against collagen breakdown.”

—**Ivelisse Ortiz, Kiamesha Lake, NY**

65

66

“I **eat avocados** for beautiful skin and a healthy heart.”—**Trisha Blair**

“My mom worked hard to look her best every day—even if she wasn’t going anywhere. When she felt pretty, her beauty came out. She is still one of the most beautiful women I have ever known.”

—**Kelly Fisher, Miamisburg, OH**

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“Every morning I **drink a green smoothie** with organic kale, parsley, frozen fruit, coconut water and protein powder. It gives me natural energy and radiant skin all day long!”

—**Sue Sanislow, Wrentham, MA**



Remove color stains from skin and scalp

Roux Clean Touch hair color stain remover **easily removes stains from skin and scalp.**

It also removes excess color from porous ends that grab too much tint. It helps remove hair color stains from clothing, too!

69

“No time for makeup? **Wear a pair of slightly tinted sunglasses and lip gloss.** You’ll hide tired eyes and look rested and radiant!”
—Sandy Martin, Myrtle Beach, SC

70

“My grandma always told me to drink plenty of water and **hydrate my skin with moisturizer and rose water every night.** I’m 36 and no one believes my age!” —Nicole Acuna, Fort White, FL

71

“Enjoying life, **laughing** and going on adventures help me feel young.” —Rene Greco, Chicago

72

“**Smile**—and mean it. Even if you have a few wrinkles, if there’s light in your eyes and a grin on your face, people will know your heart is young.” —Grace LoPorto, Queens, NY

73

“I wear a youthful hair style and **never show any grays.**” —Cindy Haynes, Grayling, MI





Roux's 'Tween Time' color crayon provides temporary color coverage, concealing small areas of gray or covering regrowth at the scalp.

Men love it, too, for concealing the first signs of gray at the roots, sideburns and hairline. To match every hue, it's available in light, medium or dark brown, auburn and black.

74
“My grandmother used **castor oil** for EVERYTHING—as a scalp oil to prevent hair thinning, as a makeup remover and as a nightly moisturizer to prevent wrinkles. Plus, she took it as an internal detox to help her immune system.”
—Lynda Denzin, Happy Valley, OR

75
“**Vitamin B3 cream** is like Botox in a bottle—it repairs skin by improving blood flow to produce visibly softer, wrinkle-free skin.”—Melissa Hayes, Charlotte, NC

76
“My favorite anti-aging secret I learned from my mom is **cucumber**. I squeeze out the juice and apply it to my face for soothing relief and to keep my skin soft and hydrated. I eat cucumber every day as part of my healthy diet. Also, I mix honey and brown sugar to create a facial scrub and use a little drop of olive oil to remove dirt

and excess oil. Lastly, I apply egg whites and milk as my face mask. My family and friends think I look much younger than my age!” —Virnen Tollison, Prague, OK

77
“At 96, my great grandmother had almost no white hair. Her secret was to **rub coconut oil onto her hair and scalp** every other day. Her skin was so soft, too. She would exfoliate her skin with a slightly rough river rock.”—Rochelle Barcenilla, Waipahu, HI

78
“My mom **ALWAYS** used a night cream. I used to kid her and tell her one of these days her face was going to slide right off. She now is going on 90 years old and no one EVER believes it because her skin is still gorgeous!”—Barbara Allen, Midlothian, TX

79

“I rub a slice of pineapple onto my skin to help remove dead skin cells. I leave it on for five minutes, then rinse off with water.”

—Mary Macosko, Pittsburgh, PA

“My secret is **Epsom salt**. I add it into my daily cleanser to exfoliate my skin and reveal a more radiant complexion. I also take hot Epsom salt baths before bed. This removes toxins from my body and helps me feel more energetic.”—Emily Seo, Madison, WI

80

81

“Do what makes you happy. Stress ages people faster than anything else. My grandmother never seemed to stress much, and she looked 40 years old at age 70.”—Rachael Trundle, Gouverneur, NY

“I look 20 years younger than I did 20 years ago. Why? I drink 3 to 4 quarts of water every day and **do not eat packaged food or fast food**. In addition, I use my grandmother’s face scrub recipe—avocado, olive oil, oatmeal and used coffee grounds—to keep my skin smooth.”—Audrey Garcia, Fresno, CA

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“I do one small kindness for someone each day....it gives me a glow that radiates from within and makes me look and feel beautiful. Drinking lots of water doesn’t hurt, either!”—Amy Gallo, Clarksville, TN

“My grandmother always **massaged heavy cold cream onto her face** for at least 10 minutes every night. Now, I do it, too. When she died at age 81, she had no wrinkles at all.”

—Rachel Hall, Hillsboro, OR

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85

“**Volunteer** at something you’re passionate about—it will keep you young.” —Sarah Lehan, Lakewood, OH

“**Hugging.**” —Mary Callender, Lancaster, PA

86

87

“I’ve **eliminated processed sugar** from my diet. But in the shower, I lather my hands with a mild cleanser, add a handful of white sugar and rub it all over my face and body. It makes my skin so smooth and creates a great canvas for makeup.”

—Sahara Rao, Lexington, KY

88

“Our family’s anti-aging secret is **everything in moderation!**

Enough sleep, enough water, enough healthy food, (enough chocolate!) and most of all,

enough lotion—make that more than enough! Lotion is what we give each other for holidays and birthdays, so we’re pretty serious about it!”

—Jessica Arena, Kirkland, WA



89

“Have a much younger boyfriend!”
—Debra O’Malley, Lawton, OK

“Blow Bubbles. Sit on a Swing. Laugh. **Have fun.**”
—Helen Tomczuk, Evergreen Park, IL

90

91

“Although I do not shampoo my hair every day, I do **use conditioner every day** to keep my hair hydrated. I also brush my hair vigorously twice a day to distribute the natural oils.”
—Emily Hartis, Leesburg, GA

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HAIR CARE



As seen on Facebook

Finally, here are our favorite anti-aging tips that you shared on our Facebook page!

[Facebook.com/RouxBeauty](https://www.facebook.com/RouxBeauty)

“I **give my scalp a good massage** every time I wash my hair. It helps increase the blood flow to the scalp to help my hair grow longer and thicker.” –**Tina Ardensten Hoffman**

92

93

“My mom told me that sleeping in makeup ages your skin. You won’t see the effects for a while, but sooner or later, they will catch up with you. That’s why I **always wash my face every morning and evening.**” –**Trish Seibert**

“My mom told me to **eat sweet potatoes**—which are rich in vitamin A—for weight management and to help fight wrinkles from the inside out.” –**Ivey Gonzalez**

94

95

“**Keeping my mind sharp**, as well as my body, promotes beauty from the inside out.” –**Louise A. Brouillette**

“When I have puffy or swollen eyes, I **take a cold egg in its shell and roll it over the area** until the egg is room temperature. It will help reduce the swelling.” –**Anmarie Barajas**

96

97

“The best anti-aging tip I’ve learned from my family is to **spend time with children**. They keep me feeling young.”

—Dawn Sterner

“When applying makeup around my eyes, I **use my pinkie finger** so I don’t pull on the delicate skin in this area.”

—Kathy Cripe

98

99

“I go for a **long walk** 3 to 5 days a week.”

—Carrie Shirley

“**Pray**. When life lets me down or when great things happen, when I want to give up, give in or need to give it my all, prayer will see me through. It might not prevent wrinkles, but it will definitely give meaning to each and every wrinkle.”—Sue Harp

100

101

“My grandma and my mother swear by **cocoa butter** to smooth lines and wrinkles.”—Kristi Boyce



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ANTI-AGING HAIR CARE

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