



FESTIVE  
ANTI-AGING  
HACKS  
FOR  
YOUR MOST  
RADIANT  
HOLIDAY SEASON  
EVER

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## About the Author

Sandy DeRose is a published author who writes about health, wellness, natural alternatives and anti-aging.

She has been involved in the research and development of products for a renowned, award-winning anti-aging doctor for over 10 years. She has contributed to many health and beauty publications.

Her passion for health, wellness and natural remedies has led her on this path for living the best you can. She also loves to share her knowledge with everyone she meets.

Sandy also has a free newsletter where she provides the latest in anti-aging news. On her website you will also find tips on every aspect of anti-aging as well as archives of past newsletters.

To sign up for the latest in anti-aging news go here:

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The most wonderful time of the year is here!

While the holidays bring joy, they can also mean increased stress, indulgence, and erratic schedules - not great for your health or beauty regimen.

But have no fear, my radiant friend!

I'm here with a jolly collection of fun, outside-the-box tips to help you look and feel your absolute best this season.

Forget boring, typical advice - these unique, festive hacks will have you conquering crow's feet and slaying holiday parties in no time.

Let's glow!



## Rejuvenating Cranberry Toner

Let's kick things off with a refreshing cranberry toner that's sure to become your new favorite skincare step.

Did you know those tasty red berries are actually packed with potent antioxidants and anti-aging compounds?

Here's how to make your own festive, skin-loving potion:

Blend 1 cup fresh cranberries with 1/4 cup witch hazel or rosewater. Strain out the solids and you're left with a powerful elixir to fight wrinkles!

Dab it on daily to reduce inflammation, kill acne-causing bacteria, and most importantly - protect your gorgeous skin from free radical damage.

Cranberries contain antioxidants called proanthocyanidins that prevent collagen breakdown and stimulate collagen production for firmer skin.

They also provide vitamin C to brighten, plus quercetin and ursolic acid that inhibit enzymes responsible for skin aging.

Your complexion will be glowing and fresh!

It's also a great gift idea ... put in a pretty bottle with some bakers twine and directions.

## DIY Eggnog Face Mask

Bring the magic of the holidays to your self-care routine with a decadent eggnog yolk mask.

This may sound better suited for your cocktail but trust me - your face will thank you!



Simply whisk together 1 egg yolk, 2 tablespoons eggnog (drink the rest!), and 1/2 teaspoon honey. Apply that thick, luxurious mixture all over and let it work its magic for 10-15 minutes before rinsing.

The lactic acid gently dissolves dull skin cells while the nutrients in the egg yolk nourish and brighten. You'll be left with skin as silky and radiant as a Christmas morning.

Eggnog is rich in skin-smoothing lactic acid, an alpha hydroxy acid that gently exfoliates the top layer of dead skin cells. And egg yolk contains key anti-aging nutrients like vitamin A to reduce fine lines, vitamin D for youthful glow, and amino acids to plump skin.

The honey locks in hydration for supple skin. Talk about an elixir of youth!



## **Soothing Rooibos Tea**

Cozy up by the fire with a steamy cup of red rooibos tea.

The rich, earthy brew is bursting with powerful polyphenol antioxidants to neutralize those pesky free radicals that cause premature aging.

Sip your way to smooth, youthful skin! For an extra antioxidant boost, add a squeeze of fresh orange juice.

Beyond its delicious vanilla-cinnamon taste, South African rooibos contains specific antioxidants like aspalathin and nothofagin that protect skin cells from UV radiation damage.

These polyphenols also inhibit the activity of hyaluronidase, the enzyme that can degrade our skin's hyaluronic acid and collagen stores over time.

Rooibos preserves your skin's hydration has anti-aging effects!  
It's a beautiful thing!

## **Collagen-Boosting Cider Cocktail**

Let's cheers to younger looking skin!

Blend 1 cup warm spiced apple cider with 1 tablespoon collagen peptides, 1/4 cup fresh pineapple juice and a teaspoon of cinnamon.



The vitamin C in that tropical fruit will help to boost your body's own natural collagen production.

And the collagen protein provides critical amino acids to plump your skin and fade fine lines.

Collagen is the structural protein that keeps skin strong, firm and supple with age.

But our natural collagen stores start to rapidly decline in our late 20s.

By adding a scoop of collagen powder, you provide easy-to-absorb amino acids that your body needs to ramp up collagen synthesis and maintain youthful skin, muscles and joints.

And it's proactive against sagging!

Plus, pineapple's vitamin C aids collagen production to further defeat wrinkles and crepiness.

Combined with cinnamon's warming circulation boost, this festive cocktail is a rejuvenating elixir designed to make your skin radiant and turn back time.

Drink up for glowy holiday skin!





## **Cranberry Cake Pop Treats**

These festive, antioxidant-rich cake pops make the perfect edible stocking stuffers!

Blend 1/4 cup whole berry cranberry sauce with 1/2 cup chocolate cake crumbs to form a moldable mixture.

Shape into balls, chill, and then dip in melted dark chocolate for the coating. For an extra treat sprinkle with some crushed candy canes.

It's a bite of sweet holiday flavor and skin-loving benefits!

Beyond their bright, tart taste, whole cranberries provide a megadose of antioxidants like proanthocyanidins that nourish the skin.

Studies show these compounds protect against UV damage, promote youthful skin elasticity, and help reduce age spots.

And opting for dark chocolate takes the benefits up a notch with flavanols to hydrate skin and improve circulation for a natural glow.

This tasty, two-ingredient combo makes for a delightful treat that happens to fight wrinkles - talk about a sweet deal!

## Calming Citrus Pomander

Harness the power of festive scents with a clove-studded orange pomander display.

Simply push whole cloves into the surface of an orange and tie with a pretty ribbon. Place it anywhere you need a mood lifting aroma!



Studies show citrus scents reduce anxiety and stress hormones while boosting focus.

The bright, uplifting citrus aroma comes from compounds like limonene that have demonstrated relaxing, mood-enhancing effects in research.

The warming aroma can also promote deep sleep and reduce agitation when inhaled.

Overall, aromatherapy with this dynamic duo melts away holiday stress for a calm, focused mind and rejuvenated spirit!



## **Soothing Epsom Salt Soak**

Soothe sore, stressed holiday muscles with a relaxing magnesium-rich Epsom salt bath.

Draw a warm bath, add 1 cup Epsom salts, and a few drops of essential oil (optional). Watch the tension melt away as you soak.

The magnesium helps detox your body from all those holiday cocktails and party treats!

Light some candles, put on a hydrating face mask, and turn your tub into a spa.

Epsom salt baths are no new-age fad - they've been used therapeutically for ages to relieve muscle aches, joint pain, and stress.

The warm water plus magnesium-sulfate salts boost circulation while the mineral relaxes the nervous system.

Tension seeps out of weary holiday bodies and minds as you soak in the calming waters.

Plus, magnesium is essential for over 500 enzymatic processes in the body, including stabilizing cell membranes and synthesizing proteins for youthful skin.

Detox the sugary treats while bathing your body in beautifying minerals.

Take the time for self-care amidst the hustle and bustle!

You can also give the gift of calm to a friend or family member. Pack the Epsom salts with some essential oil in a pretty jar. Add a small wooden scoop and directions. Tie with a bow.

### **Gut-Healthy Pickled Ginger**

Refresh your palate with crisp, pickled ginger at holiday meals.

The active compounds like gingerol promote digestion - perfect for tackling those heavy, rich foods.



Ginger also contains powerful anti-inflammatory and antioxidant properties to protect your skin from the aging effects of UV and free radical damage.

Slice up this palette cleansing probiotic powerhouse!

The tangy zing of ginger is a perfect complement to heavy roasts and sweet desserts during the holidays.

Beyond freshening your tastebuds, it aids digestion by acting as a prebiotic to feed healthy gut bacteria and reduce GI upset.

Plus, gingerol is a potent antioxidant that protects skin cells from aging oxidative stress.

Not a fan of eating straight ginger? Grate some into warm cranberry compote or add to a mug of immunity-boosting bone broth for an anti-aging wellness drink.

However, you slice it, make ginger a regular guest at your holiday table!

And here's a simple recipe for pickled ginger:

Ingredients:

1 lb. fresh ginger root, peeled and sliced into thin strips  
1 cup rice vinegar  
1/2 cup water  
1/4 cup sugar  
1 tsp salt

Instructions:

In a small saucepan, combine the rice vinegar, water, sugar and salt. Bring to a boil over high heat, stirring to dissolve the sugar and salt.

Place the sliced ginger in a heatproof glass jar or container. Pour the hot vinegar mixture over the ginger.

Allow to cool to room temperature, then cover and refrigerate for at least 2 hours, or up to 2 weeks.

Drain the ginger slices from the brine before eating if you want them less acidic.

Enjoy the pickled ginger as a palate cleanser, with sushi, stir fries, or on its own for a probiotic boost!

The vinegar works to preserve the ginger and impart extra flavor. The end result is tangy, refreshing ginger that aids digestion - perfect for the heavy holiday meals!



## **Immunity-Boosting Bone Broth**

Don't toss those leftover turkey bones!

Simmer them for 12-24 hours with veggies like onion, carrot and celery to extract valuable collagen, amino acids, and minerals for glowing skin and strong joints.

Sip this protein-packed broth throughout the week to nourish your body, hydrate your skin, and boost immunity during cold and flu season.

The ultimate anti-aging winter warmer!

Bone broths are nutritional powerhouses, especially when made with nutrient-dense bones like turkey.

Simmering releases collagen, gelatin, and anti-inflammatory amino acids like glycine and proline.

Sipping this mineral-rich elixir provides the building blocks for youthful, vitality-enhancing benefits:

- Hydrated, supple skin - collagen promotes elasticity
- Healthy gut lining - gelatin aids digestion
- Strong joints - glucosamine and chondroitin reduce pain
- Immunity boost - antioxidants combat free radicals

For extra anti-aging power, toss in vitamin C-rich veggies like onions and carrots.

This liquid gold provides deep nourishment that our bodies crave during the colder months.

Drink up and feel rejuvenated!



### **Brightening Pomegranate Mask**

Pomegranates aren't just festive - they contain beauty superstar ingredients!

For an instant pick-me-up, blend 5-6 pomegranate seeds with 1 tablespoon Greek yogurt and apply this sweet, tangy mask to your face for 10 minutes before rinsing.

Let the powerful antioxidants like vitamin C brighten, exfoliate and protect your skin from environmental damage. You'll be glowing!

Don't let their jewel-toned seeds fool you - pomegranates pack a serious nutritional punch in terms of collagen-preserving and skin-protecting abilities.

They contain polyphenol antioxidants like tannins, anthocyanins, and ellagic acid that effectively neutralize free radicals and prevent premature aging.

These compounds also stimulate circulation and cell turnover for radiant skin.

Pair their goodness with probiotic-rich yogurt's skin-balancing effects and you have the perfect mask for holiday rejuvenation.

Let this dynamic duo give your skin a boost of bright youthfulness!

### **Aromatic Pine Potpourri**

Bask in the fresh, wintry aroma of an all-natural pine potpourri this season.

Simply simmer pine twigs, pinecones, sliced oranges, and water on your stovetop before transferring the mixture to bowls once cooled.



Breathe deep! Phytoncides released from evergreens can boost immunity and ease respiratory issues.

Plus, the forest scent is relaxing and anxiety-reducing.

The refreshing, woody aroma of pine potpourri is synonymous with the holidays.



But beyond setting a seasonal mood, pine trees contain beneficial compounds that can enhance health when inhaled.

Evergreen trees give off antimicrobial phytoncides which can actually boost immunity and fight respiratory infections when inhaled.

Scent receptors trigger a release of immune cells.

Pair pine with the vitamin C-rich oranges and their mood-enhancing citrus fragrance for the ultimate therapeutic potpourri.

Place bowls around your home to clear sinuses, ease anxiety and embrace the essence of the season all month long!



### **Creamy Pumpkin Enzyme Peel**

Exfoliate dull, lackluster holiday skin with a vitamin-packed pumpkin mask.

Mix 2 tablespoons canned pumpkin puree with 1 tablespoon milk or yogurt. Apply to clean skin and let sit for 5-10 minutes before rinsing - no harsh scrubbing needed.

The fruit enzymes in pumpkin gently dissolve dead skin cells, while vitamins A and C smooth and brighten your complexion.

Pumpkin is not only a festive superfood, but contains key compounds that can naturally refresh your skin's radiance:

- Fruit enzymes like papain gently exfoliate without stripping

- Vitamin A promotes faster cell turnover for glow
- Vitamin C boosts collagen synthesis and brightens
- Zinc reduces inflammation and fights acne
- Whip up this luscious mask in minutes and let pumpkin's vitamins go to work dissolving dull skin cells.

Coupled with soothing yogurt or milk, it hydrates while gently renewing your complexion's fresh glow. Hello holiday radiance!

### **Skin-Loving Dark Chocolate**

Indulge your sweet tooth with antioxidant-rich dark chocolate this season!

Opt for a bar with at least 70% cocoa to reap the most benefits.



The flavanols will boost circulation, protect against UV damage, and increase hydration in your skin.

Just stick to a square or two - too much sugar can cause inflammation. A delicious way to fortify skin and spirits!

Reach for cacao-packed dark chocolate when cravings strike, not the sugary milk variety!

The higher the cocoa content, the more abundant flavanols you'll consume, which science shows can positively impact several measures of skin health:

- Improves blood flow and oxygen to skin cells
- Increases skin density and hydration

- Protects against sun damage from UV rays
- Boosts collagen production
- Reduces inflammation

The concentration of these antioxidant plant compounds in dark chocolate makes it a beauty enhancer - just keep portions small.

Savor the richness slowly and let the skin-loving flavanols melt into your cells for a smoother, plumper complexion!

The holidays are all about indulgence, but with these fun, beauty-boosting tips, you can keep your skin just as glowing as your holiday cheer.

So, mix up a batch of cranberry toner, relax in an Epsom salt soak, sip on collagen cocktails, and whip up festive masks using holiday ingredients. And take care of yourself this holiday season.

Here's to your merriest, most radiant holiday season yet! Which tip are you most excited to try? Let me know how your skin is glowing afterward - and don't forget to smile ... it's an instant facelift.

Wishing you and your family a very happy healthy holiday!

Sandy

[www.antiagenaturally.co](http://www.antiagenaturally.co)

[www.derosehealth.com](http://www.derosehealth.com)

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