

A very large component of beauty is well within your control. Someone who is confident and happy is beautiful.

I've learned that it's not a perfect nose or beautiful neck that defines beauty. It's an overall glow of health. Think about it: Someone with a perfect nose but dry skin and hair isn't beautiful. Yet someone who takes care of her nutrition and health, who has glowing skin and hair, is beautiful. This type of beauty is contagious.

—Michelle Yagoda, MD

It's important to take stock of how you feel about yourself on the inside because it's so critical in determining how you look on the outside. A few years ago, I traveled to Greece. I noticed that a lot of the Greek women had strong foreheads and long noses. They weren't conventionally beautiful. Yet they walked around perfectly confident and proud! They exuded beauty from their love of themselves, and others took note of their beauty! That was very inspiring to me, and it reinforced how important it is to feel good about yourself. It shines through in your appearance.

—Michelle Yagoda, MD, a mom of an 11-year-old son, a facial plastic surgeon, the CEO of Opus Skincare, LLC, and cofounder of BeautyScoop, a patented and clinically proven supplement for skin, hair, and nails, in New York City

I have a very busy medical practice, I run a skin care company, and I'm also an extremely active part of my husband's and son's lives. It's hard to find time for myself, and I feel guilty when I try. My son is an only child, and at his age he can't understand why we can't be at all of his school events and activities.

To make time to exercise, I walk everywhere, such as to and from work—unless it's minus 3 degrees outside! We also go to the gym together as a family. My son likes to walk on the treadmill and shoot baskets. He'll do pretty much anything at the gym that we'll let him do!

—Michelle Yagoda, MD, a mom of an 11-year-old son, a facial plastic surgeon, the CEO of Opus Skincare, LLC, and cofounder of BeautyScoop, a patented and clinically proven supplement for skin, hair, and nails, in New York City

It's so important to take some time out for yourself—for your overall health and beauty. Having an occasional glass of red wine is a great way for me to relieve stress. Plus, the antioxidant benefits of red wine are undisputed. I have a glass of red wine with dinner a few nights a week, when the meal lends itself to it.

—Michelle Yagoda, MD

advocacy program, which offers subjective comments that can be biased, paid positive results.

One example is a line of skin products called Gly-Derm. Sold in physicians' offices, it is a glycolic acid product line with the lowest pH on the market, making it arguably the most effective.

—Michelle Yagoda, MD, a mom of an 11-year-old son, a facial plastic surgeon, the CEO of Opus Skincare, LLC, and cofounder of BeautyScoop, a patented and clinically proven supplement for skin, hair, and nails, in New York City

I read the book *The Five Love Languages of Children* to help me better understand the types of support and love that my son needs. An unanticipated benefit was that it also helped me learn what my husband and I need.

Once you figure out someone's "love language," you can share and receive support on any journey more easily. For example, my love language is "acts of service." When someone does things for me that lighten my "to-do" list, it relieves my stress and makes me a happier, healthier person. Knowing someone's love language enables you to support him or her in a way that is well received and nourishing. Buy the book! It's the best \$10 you'll ever spend.

—Michelle Yagoda, MD, a mom of an 11-year-old son, a facial plastic surgeon, the CEO of Opus Skincare, LLC, and cofounder of BeautyScoop, a patented and clinically proven supplement for skin, hair, and nails, in New York City