



Natural products for healthy living

Tips for Healthier Happier Skin

It may seem cliché, but there are things you can do to prevent damaging your skin. Skin damage doesn't always involve pain or immediate visible change. As a matter of fact it might take some time to notice the damage. By taking actions today you can improve your skin slowly over time. So let's get started with five simple steps.

Drink at least 12 to 16 ounces of water first thing in the morning. This helps your body replenish the moisture loss while sleeping. And it's a good way to start the day. Continue drinking water throughout the day as the body needs enough water to function properly. Each person needs to drink half their body weight in ounces of water per day. For instance if you weigh 140 pounds you need to drink 70 ounces of water per day.

Sleep on your back. Gravity creates a downward drag on your skin all day. By sleeping on your back you reduce gravitational pull on your face. If you press your face to your pillow, you will likely experience increased puffiness in the morning.

Never pull or rub your skin. Apply skin care products gently and lightly tapped for a few minutes to help the skin absorb them. Rubbing and pulling stretches your skin and can promote sagging and wrinkles. This includes leaning your face on your hands while sitting at a desk, which also stretches your skin.

Apply skin care products to warm skin in order to help your skin appear healthier. This maximizes absorption. If your skin is cold, use a warm towel to warm your skin. Use products from nature that nourish your skin the same way you nourish your body. Look for products that encourage rejuvenation and work synergistically with your own skin to support its efforts toward a healthy appearance, such as ibody science's **skin** solution.

Avoid or minimize damage from hot water and chlorine. Although taking hot baths and showers may seem like its health promoting and relaxing, your skin may disagree-especially if you have chlorinated water.

Chlorine causes oxidative damage. The hotter the water, the more potential for damage-because the rate of chemical reactions increases with temperature. *Hot water may cause your skin to age faster.*

So what can you do? Adjust your water temperature to be a bit cooler, limit your showers to one per day, and decrease your soap time in the bath.

Remove your makeup each evening. It's a really bad idea to flop into bed, leaving makeup-not to mention environmental grime-on your face while you sleep. Take a couple of minutes to remove it, and you'll find your face looking and feeling younger.

When cleansing your face be sure not to scrub too hard. It's best not to use soap as soap can dry your face out but to use a cold cream or gentle natural makeup remover. After cleansing with warm water views ibody science **skin** solution before going to bed to help nourish and rejuvenate skin.

Don't smoke. Need I say more? Smoking causes free radical production, which is one cause of the signs of aging.

Breathe! Learn to breathe deeply. Before going to bed, when waking up, when driving in your car or when you feel stressed breathe in slowly through your nose to a count of six, hold for a count of six, and breathe out through your mouth for a count of six. This helps get more oxygen into your lungs, as well as getting toxins and out of your lungs. All of which helps get more oxygen into your bloodstream, which helps keep the body functioning at its best.

Don't expect overnight changes. Even if you start doing everything right today, don't be discouraged with seeming lack of progress tomorrow.

It may take a month or even two or three months to notice changes. Plus, it's quite possible that others will notice your increasingly youthful-looking face before you do.

Remember: it took years to get where you are today, so show patience when expecting changes and improvements.