

NATURAL WAYS TO RENEW YOUR SKIN AND REDUCE WRINKLES



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People have been interested in the benefits of anti-aging for many years. There are natural ways to improve the skin and promote a youthful appearance. If you are interested in natural anti-aging, you have probably come across recommendations for tightening your skin, often with homemade products.

The following sections will provide a good number of ways you can use in your daily life to start tightening your skin naturally and easily, often with ingredients you already have in your home.

1. TRY AN EGG WHITE MASK

The first option is to use egg whites, which are found in many DIY face masks, especially those meant to promote healthy and youthful skin.

WHY EGG WHITES?

Egg whites are a natural source for essential nutrients and albumin protein. This is what improves the elasticity and tightens the skin. As the skin cells begin to rebuild, the skin on the neck and face looks younger and achieves a natural glow. The hydro lipids contained in egg whites lift and tighten loose skin. Toxins and free radicals are removed by the riboflavin, and this is what causes wrinkles, fine lines and damage to the skin.

Start with two eggs and separate the whites. Whisk the whites until the texture is foamy and use a cotton ball to apply to your troubling skin areas. Leave the mixture on the skin for twenty minutes before washing it away with cool water. Repeat this procedure twice weekly for radiant and firm skin.

Every second application, add a tablespoon of plain yogurt to the eggs white before whisking. Apply to the skin in the same way, but this time, leave the mixture on for thirty minutes. Thoroughly rinse off the mixture with cool water, then dry the skin. This will provide additional nutrients to tighten the skin.

An effective face mask can be made by mixing one egg white and two tablespoons of honey. Honey naturally rejuvenates and moistens skin cells. Apply the mask to the face and leave it on for twenty minutes before rinsing it off with cool water. You can repeat this a few times a month, or as needed.

When you start using this mask, you will notice that the egg white will tighten the pores, yogurt provides moisture and sugar exfoliates. This makes this a sensational method of tightening the skin, cleansing, moisturizing, and reducing the signs of aging. Whisk together one egg white, one tablespoon of yogurt and 1/8 teaspoon sugar. Apply the mixture to your skin, then wait until it is completely dry, and rinse off with cool water.

Fuller's earth stimulates the circulation of the blood by removing any excess oil. The combination of two tablespoons fuller's earth, one egg white and one tablespoon of honey not only tightens the skin, it makes skin beautiful. Spread the mixture on the skin, preferably your facial and neck skin, then leave for twenty minutes. Then rinse it off with lukewarm water and repeat twice each week.

Gram flour will tighten the skin. Mix one eggs white and a pinch of gram flour until a fine paste has formed. Apply the mixture to your skin as a mask, allowing it to dry. Rinse it off with cool water after completely dry. This will also help eliminate any sagging skin on the neck.

2. ADD LEMON TO DIY SKIN CARE

The stringent property of the lemon can slow down the signs of premature aging by tightening the skin. Lemon is also high in vitamin C, and this restores elasticity to the skin by boosting the production of collagen.

Squeeze the juice from a fresh lemon, then gently rub the juice onto your problem skin areas. Wait for 7-10 minutes before rinsing it off with water. This can be done more than once a day, just remember to moisturize afterward to replenish the hydration in your skin. If the skin is sensitive or dry, use a cup of cold water to dilute a half-cup of lemon juice.

WANT TO TRY A DIFFERENT FRUIT?

While lemons are great for these DIY skin care products, they are definitely not your only option. You can also try using bananas.

Bananas are high in vitamins and essential minerals that moisturize and smooth the skin and are effective in decreasing a lemon's acidic nature. Squeeze a few drops from a lemon onto a mashed banana and mix it well. Spread the mixture onto your skin where you want a more youthful appearance, then wait fifteen minutes before washing it off with water. This should be repeated twice each week.

ADD SOME CASTOR OIL

Castor oil enhances the production of elastin and collagen, so the skin is kept smooth and firm. Mix two tablespoons of castor oil and one teaspoon lemon juice well. Use circular, upward motions to massage the mixture into the skin for a few minutes. Leave the mixture on overnight, then remove in the morning with lukewarm water. Follow this with cool water.

Honey will naturally tighten the skin with anti-aging and hydrating properties. Mix a few drops of lemon juice and olive oil with three teaspoons of honey. Apply the mixture to your skin for a few minutes. Use warm water to rinse off the mixture, then repeat the process 1-2 times a day or as needed.

3. SOOTHE YOUR SKIN WITH NATURAL INGREDIENTS

There are also some other natural ingredients that can be used for your anti-aging, particularly with tightening your skin to reduce fine lines and wrinkles. Here is a rundown of those products:

ALOE VERA

Aloe Vera is high in vitamin E, phytochemicals and malic acid. This tightens the skin by improving the elasticity. Aloe vera will additionally moisturize, protect and nourish the skin.

Extract the gel from an aloe vera leaf and rub it on your skin. After twenty minutes, use lukewarm water to wash the skin. Repeat the process several times each week until the skin starts to tighten.

Mix one tablespoon of aloe vera gel, one tablespoon of mayonnaise and one teaspoon of honey until it forms a fine paste. Apply to your skin, and leave on for twenty minutes. Use warm water, then cold water to wash the skin, then repeat once each week.

CUCUMBER

Cucumber is a natural way to tighten saggy and loose skin. The cucumber is a natural toner for the skin and helps to rejuvenate and refresh the skin.

Grind one-half of a cucumber, then use a strainer to squeeze out the juice. Spread the fresh juice on the neck and face, letting your skin dry completely afterward. Use cool water to rinse off the juice, then repeat the procedure once each day until the skin is tight.

Stir one tablespoon of grated cucumber and one tablespoon of plain yogurt until mixed. Spread the mixture on the neck and face, then leave it on for a few minutes to soak into your skin. Use lukewarm water to wash off the mixture, then repeat several times each week.

Use two tablespoons of cucumber juice, three to five drops of vitamin E oil and an egg white to make a face mask. Spread on the neck and face, then remove with cool water after fifteen minutes. Use the mask once each week.

Make a smooth paste using one-half cup of a peeled and chopped cucumber, one-half cup avocado, two tablespoons of powdered milk and one egg white. Place in the refrigerator for an hour, then apply to the neck and face. After thirty minutes, rinse with warm water, then use cool water to splash the neck and face.

4. TREAT YOUR SKIN TO FLORALS

You can also try florals on your skin with different forms of rose. This is one of the best florals for skin tightening and rejuvenation in a more natural way.

ROSEMARY OIL

Rosemary oil has antioxidants that enhance fibroblasts and improve the circulation of the blood. This will improve the elasticity of the skin and help slow the aging process. Peel and grind half of a cucumber until it becomes liquid and smooth. Add a tablespoon of rosemary oil and mix it well. Apply the mixture to the neck and face and leave for fifteen minutes. Use water to rinse off and repeat the process twice each week.

OIL MASSAGE

When skin is massaged on a regular basis with natural oils, it becomes tighter, softer, more moisturized and smoother. The best oils to use to tighten saggy and loose skin are natural jojoba oil, vitamin E oil, olive oil, primrose oil, almond oil, mustard oil, grapeseed oil, fish oil, coconut oil, argan oil and avocado oil.

Begin by warming a little natural oil slightly in a double boiler or microwave. Spread it over the neck and face before going to bed, and massage in a gentle circular motion for fifteen minutes. In the morning rinse the area with lukewarm, then cool water so the pores in the skin will close. Repeat the process nightly before bed.

ROSE WATER

Rose water contains a natural astringent that will tighten and tone loose skin and maintain skin with a clear and healthy glow. Use rose water all over the neck and face before going to bed. As the night passes, the rosewater will help in the prevention of aging, and tighten the pores within the skin. Rinse with cool water in the morning to tighten sagging skin.

Mix a cup of rose water with seven drops of almond oil, one teaspoon of fresh lemon juice and one teaspoon of witch hazel. Mix it well, then smooth over the neck and face. After twenty minutes, use cool water to rinse off the mixture.

5. USE FOODS AND SPICES

In addition to what you use on your skin, there are some foods you can either eat or put directly onto your skin. These foods are not for eating, but for creating nice skin care masks.

CINNAMON

Cinnamon will tighten sagging skin because it accelerates collagen production. Mix one teaspoon of cinnamon, one teaspoon of turmeric powder and one-half teaspoon of salt or sugar in a bowl. Mix in olive oil until the mixture forms into a fine paste, then scrub the neck and face for a few minutes. Use lukewarm water to remove the mixture, then repeat the process once each week. This will help to tighten the skin.

STRAWBERRIES

Strawberries are incredibly beneficial to the skin because they work as a astringent, have a high content of antioxidants and vitamin C, and increase the collagen fibre production. This helps the skin stay firm and smooth. Strawberries also contain alpha hydroxyl acids, and this will decrease the appearance of aging in the skin.

Mash two to three ripe strawberries thoroughly. Mix in two teaspoons of yogurt and two teaspoons of honey until the mixture forms a fine paste. Apply to the neck and face and leave on for ten minutes. Use lukewarm water to rinse, then cool water, finally patting the skin dry. The process should be repeated each day until the sagging skin has tightened. When strawberries are added to the daily intake, skin will attain a natural glow, and tighten even more.

PAPAYA AND RICE FLOUR

Papaya contains papain enzyme and vitamin E which promote the firmness and elasticity of the skin by increasing the production of collagen. This combination is effective in healing any inflammatory issues and regenerating the skin. The pigmentation is lessened, giving the skin a more even tone and a nice glow.

Mash a ripe papaya in a bowl until it is soft and fine. Add in two tablespoons raw honey and one-quarter cup rice flour. Continue mixing until it has formed a fine paste, then apply on the neck and face. Leave on for twenty minutes, then use lukewarm

water to rinse off the mixture. Pat the skin dry, then repeat the process each week until the sagging skin has tightened and firmed.

CABBAGE

Cabbage contains vitamins C, B and A, phosphorus and potassium. This will help in the prevention of loose facial skin. Grind three cabbage leaves, then mix in a few drops of almond oil and two tablespoons rice flour. Stir well, then apply to the neck and face. After the mixture has dried naturally, rinse the skin with tepid water.

BESAN AND CURD

Besan removes dead skin by exfoliating the skin, and also removes zits. This will brighten the tone and complexion of the skin. Curd has nourishing and moisturizing properties, tightens the skin, improves the circulation of the blood, and removes aging and dullness.

Mix one teaspoon of besan, and one teaspoon of curd until a fine paste forms. Apply a thick layer to the face, and let it dry naturally. Use water to rinse off the mixture, and regular usage of this procedure will make a tremendous difference in the quality of the skin.

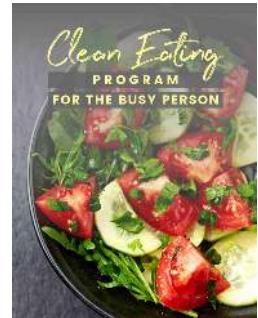
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