
30 Days to healthy, radiant skin



Simple tips for healthy skin

1. Cover up

One of the easiest ways to improve the condition of your skin is to protect it from the sun. Exposure can lead to myriad problems, including wrinkles, age spots and dehydration. So be sure to wear sunscreen and avoid the sun during the early afternoon hours when the sun's heat and rays are at their strongest. It's also a good idea to wear wide-brimmed hats to protect your face, ears and neck from burning.

2. Drink water

Water is your body's natural moisturizer. When you're running low on H₂O, dehydration shows up on your skin as wrinkles, rough patches and cracking. Drinking water is one of the cheapest ways to boost your skin health; drink at least eight cups a day. As an added bonus, water helps flush toxins and impurities from your body.

3. Kick the habit

Giving up cigarettes is one of the best things you can do for your skin and your overall health. Not only does smoking cause dehydration, the toxins in cigarettes also impede blood flow to the skin's surface, depleting your skin's epidermis of the oxygen and nutrients it needs to shine that healthy glow. Cigarettes also break down the fibers of collagen that give skin its strength. Without collagen, your facial features can become saggy and discolored.

4. Wash up gently

The epidermis of your skin may be your body's largest organ, but it's also one of the most fragile. Using high-powered products or chemical peels can actually damage your skin's surface, as can lingering in hot baths or showers. Rubbing your skin dry post-shower – or harshly during washing – can also damage the skin's top layer. Pamper your skin by using eco-friendly or organically-based products on your face and by turning down the heat when showering. When drying off, gingerly pat – not rub – your skin to remove water.

5. Moisturize

It takes more than just internal hydration to ensure your skin stays hydrated and youthful looking. Every time you wash your face or hop in the shower, be sure to moisturize with a body cream immediately after. The product will soak into your skin's pores giving it the nutrients it needs to stay healthy.

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6. Reach for antioxidant-rich foods

Antioxidants help reverse the aging process by destroying the free radicals that destroy the body's tissues, including your skin. Since antioxidants don't occur naturally in the body, it's important to ingest them through antioxidant-rich foods. Fruits, vegetables and whole grains are all loaded with these health-boosting nutrients. By adding wholesome foods to your diet, you'll notice an almost immediate impact on the look and health of your skin.

7. Sleep

Getting eight hours of sleep every night is vital if you want to improve the look of your skin. While you sleep, your cells work to repair the damage done to your body by the sun, foods you've eaten, and other skin health sappers. Lack of sleep can also cause unnecessary stress on your body, triggering breakouts and other skin problems. Log a few more hours of shut-eye every week and you'll notice a drastic difference in your skin.

More ways to boost your skin health

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