

4 Steps to Achieving Fresh Young Skin

Have you been looking for a way to reduce the lines and wrinkles on your face? Do you wish you had fresh young skin still? After reading this article, you will have the key steps needed to improve the look and feel of your skin.

Step #1 There is an old saying ‘you are what you eat’. This is very true. If you eat a lot of processed food along with fast food or fatty foods then your skin is going to suffer. That junk is not good for you internally or externally. Start eating healthier, this includes plenty of fruits and vegetables. Certain fruits and vegetables contain antioxidants, which help to repair damaged skin. Some of the best fruits and vegetables for antioxidants are broccoli, artichokes, blueberries, black olives, blackberries and many others.

Step #2

Most people are aware that the human body is made up mostly of water. So, then why are you not drinking enough water? It helps to keep your skin hydrated, which prevents it from becoming dry and scaly.

Step #3

Protect your skin from the sun! The sun's ultraviolet rays can cause a lot of damage to your skin. If you must be in the sun, then apply a sunscreen with an SPF rating of at least 15. Ultraviolet rays can cause wrinkles and age spots to form. The rays can cause free radicals to form; they are chemical molecules that move around the body causing damage to your skin cells. In addition, more serious skin conditions such as melanoma can also develop.

Step #4

Even if you follow all of the steps above, you still need to apply an effective natural skin cream to help give your skin the appearance of fresh young skin. As you age, your body stops producing vital skin proteins that give your skin its structure and elasticity. Thankfully, there are specific natural substances that can help stimulate the re-growth of these important skin proteins.

Not all skin care products are effective though. The safest and most effective creams and lotions contain natural ingredients. Avoid products that contain chemicals and synthetic ingredients.