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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Home Remedies for Younger Skin: Look younger with these natural remedies and tips

By Reno Charlton

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Reno Charlton

When we are younger, we all believe that we will have young, supple skin forever. That's why it comes as something of a shock when we look in the mirror one day and see the appearance of the first fine line or wrinkle, which then seems to rapidly spread across the face. There are many things that can contribute the appearance of wrinkles, lines, blotches and other blemishes. Firstly, of course, it is a natural process for aging skin because as we grow older our skin elasticity gets weaker so it is harder for the skin to spring back into place. Other factors can include:

- Smoking
- Unprotected sun exposure (UV rays)
- Stress
- Poor facial/skin care

No matter how old we are, we all want to enjoy the benefits of healthy skin - that's why the anti aging skincare industry has become a multi-billion dollar one. The good news is that you can use natural skin care combined with a change in lifestyle to improve the texture, tone, and feel of your skin, and to reduce lines and wrinkles that can make your skin look aged.

Home remedies and a healthy lifestyle can help you feel and look younger

We've all heard of 'old wives tales' and many people treat them with severe skepticism. But, as the saying goes, there is no smoke without fire, and many of the home remedies that are regarded as old wives tales really do have substance to them. You can look young without having to refinance your home by using some of these incredibly simple methods.

Apple Juice

You can treat fine lines, fine wrinkles, and cracked skin by applying the juice of green apples to your face each day. You should leave the juice on for around ten to fifteen minutes each day before rinsing

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off. This is one of those home remedies that can help you to look younger and add a real zing to your day. The aroma and zest of the apples will put a spring in your step while the juices get to work on your skin.

Pineapple

If you want another fruity way to reduce fine lines and wrinkles, you can use the juice or the core of a fresh pineapple. Apply the juice either by hand or by rubbing the core over your face, and leave it on for ten to fifteen minutes. You can enjoy the tropical aroma of this home remedy while the pineapple juice helps to improve the tone and texture of your skin, enabling you to feel fresh and look younger.

Nourishing face mask

If you want to enjoy a more luxurious home remedy, you can make up your own face mask. This will leave your skin feeling supple and revitalized, and can help you to look younger by replenishing your

skin. You simply combine a couple of tablespoons of natural whole yogurt with a tablespoon of pure liquid honey. You then squeeze in some cucumber juice and give the whole mixture a good stir. Chill the mixture in the fridge for a short while (you don't want to get it too cold, but refrigerating it for a short while will help to 'set' it so that it won't slide off your face). Apply the mixture to your face liberally, lie back, pop a couple of cucumber slices onto your eyes to soothe them, and simply relax for about fifteen minutes.

Afterwards, rinse the facemask off your face and pat dry. You can then moisturize your face, and you should be left with smoother, softer, and suppler skin. You can do this once or twice a week to help keep your skin nourished and replenished.

Cucumber

If you are having problems with discolored age spots, you may find that cucumber juice is very effective in bleaching out these age spots. Simply combine cucumber juice with water (one tbsp of juice to two tbsp of water), and apply to the affected areas twice daily. Dab the solution on in the morning and at night, and allow to dry on the affected area.

Papaya Juice

This fruit contains an enzyme that can remove dead surface skin. So, if you have rough skin or blemishes, fresh papaya juice rubbed into the skin can remove the affected skin and leave you with softer, smoother skin.

Other home remedies to help your skin look younger

When talking about home remedies in relation to skin care, many people instantly imagine creams, potions and lotions. However, part of helping your skin to look younger is combining remedies like the ones above with an improved lifestyle and some other simple procedures. By following the steps below you can enjoy younger looking skin for longer:

Massage

A five minute facial massage each day can help to keep your skin looking younger and wrinkle-free for

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longer. You should take off all make-up, wash your face, and remove any excess oils by using a suitable cleanser (or use the juice from a fresh lime to do this). Starting from your neck up, gently yet firmly massage in an upward motion right up to your hairline. Once you have done this, rinse your face and apply a suitable moisturizing cream or lotion. When you apply your cream or lotion, apply it in using the same upward motion so that it is massaged into the skin.

Water

If you start to dehydrate on the inside, the effects will also show on the outside, and dehydrated skin can experience all sorts of problems, from dryness and roughness to loss of elasticity and increased wrinkling. It is vital to drink around eight glasses of water a day to keep your skin in top condition.

Diet

Your diet can have a surprising effect upon the condition of your skin. Most people associate rich, fatty foods with weight gain and sluggishness, but these foods can also result in poor skin condition. Plenty of fresh fruit and vegetables, and vitamin-E rich foods can help to keep your skin in good condition and help keep signs of aging at bay.

Protection from the sun

The UV rays from the sun can have a very harmful effect upon the sun, and not only do unprotected sun worshippers risk cancer, but they are also likely to see their skin wrinkle and age very prematurely (depending on the amount of time spent in the sun). You should try and avoid being out in the intense midday sun at all, as this is when the heat and rays are at their worst. However, whatever time of day you go out, you should wear an appropriate SFP sunscreen or moisturizer to stop your skin from burning and losing its elasticity.

Quit smoking

If you smoke, you've probably heard many reasons why you should give up this habit. One of them is that smoking can age your skin prematurely and leave you with deep and numerous wrinkles. Quitting smoking can help you enjoy younger looking skin for longer, as well as help you with your health.

Reduce stress

Stress is another factor that can affect our skin and leave us looking and feeling old before our time. In order to try and enjoy younger looking skin, you need to take the time to relax and de-stress. Make sure that you put a little time aside each day to really relax and get things into perspective. Whether your idea of pure relaxation is a long, luxurious bubble bath or curling up with a good book, take the time to try and relax each and every day.

Use these tips to enjoy younger, fresher and more rejuvenated skin

The tips above are designed to help you make the most of your precious skin, and to keep it looking and feeling good for as long as possible. By combining the simple skin treatments listed earlier with the lifestyle tips outlined above, you could enjoy more resilient, supple and fresher looking skin.

These steps are really simple to take, and will cost next to nothing to try. Taking five or ten minutes a

day to look after your skin can make a real difference to the appearance of your facial skin. By keeping your skin clean, well nourished, hydrated, and moisturized you should be able to make it look and feel softer, smoother, and younger than ever.

Reno Charlton is an experienced freelance copywriter and an award-winning children's author from the United Kingdom. Aged 33, she lives near to the city with her husband, Phil, and their two cats. Her articles on anti-aging skin care can be found at <http://www.look-younger-now.com>.

Natural solutions for Acne are always the best

By Martha Fitzharris

If you are one of the many sufferers from Acne in the world, you might be also searching an effective product that heals this problematic skin affection.

But there are good news for you... acne is curable with time and dedication; with the help of an effective product your acne problem may disappear and its upsetting blemishes may improve.

There is also good news for your health, because it's proved that there are more natural options, so you don't have to use aggressive treatment and medicines that may have side effects on you. Natural health remedies are usually the best way to go. All you have to do is to know your skin type. This is to help prevent you from buying products that will not help you in any way.

With natural health remedies, you will be able to remove your acne through natural methods. And with the limited side effects that natural health remedies cause, you will be pleased to know that you will not break out in any allergies. There's a huge variety of these products in the market, all you have to do is search for the best one.

Natural health remedies are there to give you the best of nature with their natural components that will work to feed and nourish your skin while, at the same time, provide you with the painless treatment you need. There are some products that even trigger the self healing qualities of your skin!

We all know that having acne can erode an acne sufferer's confidence; and with the help of natural skin care remedies, that affected one can regain his or her self esteem as well as his/her beautiful skin.

For improving Acne condition it's very important that you have a daily cleaning routine. Always look the ingredients after choosing your products. Some products that you need to purchase are face wash and facial scrub; cleanser; toner and day and night cream. And in order for these natural health remedies to work, you need to use them every day.

As we said, having a daily routine with natural products will give your skin the best treatment available and will help you to improve your skin from Acne breakouts.

Look for natural products they will surely help you restoring your skin and will return enhance that youthful skin that you had after that annoying Acne.

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Martha Fitzharris is a free lance journalist for

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.



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