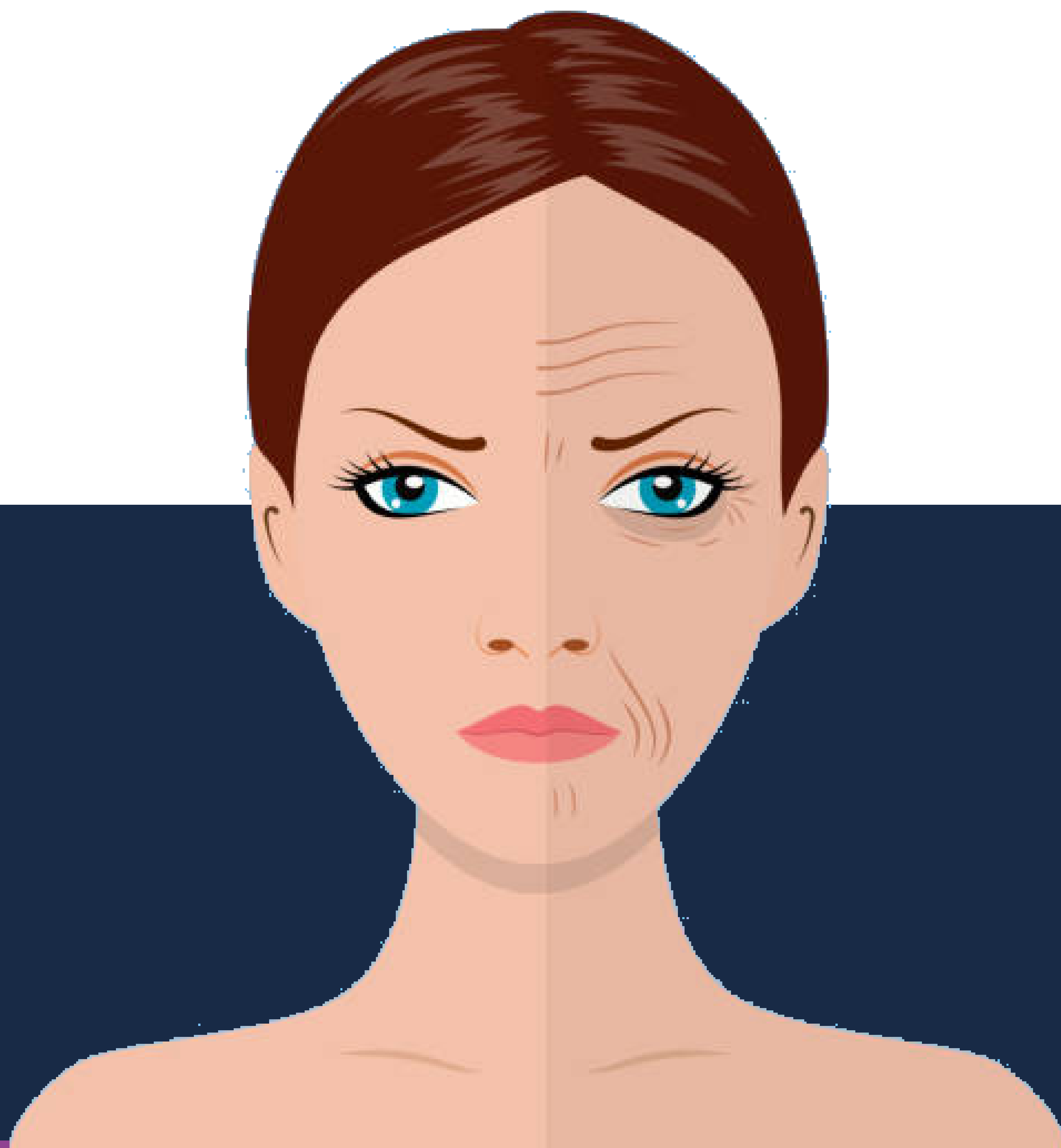


HOME REMEDIES FOR ANTI-AGING



Did you know there are many ways to keep looking young that do not always involve surgery? It's true! Read on for some great tips on how to use treatments in your home.

First off, in order to keep your skin healthy and looking in tip top shape, it's important that you use a high-quality sunscreen each day when you're outside. This will help prevent dark spots from forming on your face and "crow's feet" around your eyes. To protect your skin in a more natural way, eat foods high in carotenoids. For example, tomatoes and carrots. These nutrients have been shown to reduce how much the sun reddens the skin (1).

An easy way to keep your skin looking young is to drink lots of water every day. This helps flush toxins out of your skin and keeps it looking fresh.

Did you know that getting enough rest helps give you glowing, youthful-looking skin? Lack of sleep can cause under eye dark circles and eye bags, so get plenty of sleep! Seven to eight hours a night is ideal (2). Whilst you are sleeping, it is a good idea to sleep on your back, where gravity will work its magic and help stop your face from 'drooping' and looking old.

Getting enough rest can also take the form of relaxation, meditation and massage. All these activities enable you to lower your cortisol levels and feel less tired and stressed. Stress is linked to aging as it deteriorates cells, reduces immunity and increases inflammation; factors that all affect aging (3). Stress can make you look and feel old, so managing it in a healthy way is important.

Stress is not good for the skin as you tend to frown more when you are stressed. Muscle memory means that your skin gets used to being furrowed and wrinkled. And before you know it, you're stuck with those pesky worry lines (4).

Meditation can be as simple as sitting still for a few minutes and focusing on your breathing. This calms you down and helps you live a longer, stress-free life. Transcendental meditation has been shown to increase how long we live, and it is free. All you need is a few minutes each day (5).

Another great way to relax is to give your skin a facial. That way, you can chill and give your skin an anti-aging boost. Start by using a natural facial scrub, to exfoliate away old, dry skin cells. This gives new skin cells the chance to come to the surface, enhancing your appearance with an immediate glow. Mix sugar or sea salt with extra virgin olive oil or coconut oil. Rub it gently, in circular motions, all over the face for about three minutes, then rinse it off with warm water.

Next, apply a home-made facial mask. Facial masks made from natural products such as fresh fruit and vegetables can be a gentle way to give your skin a lift and add some more radiance and vitality back into it. To start with, all you need is banana and milk, or avocado and lemon juice, for example. Mix together into a paste consistency and spread evenly over the face (avoiding the eyes area). Lie back and close your eyes for 15 minutes to allow the mask to work its magic. Then rinse off with warm water.

Other ingredients that are great for facial, anti-aging masks are banana, cucumber and papaya.

Peel half a cucumber and mash it into a paste with half a ripe banana and 35g of ripe papaya flesh. Smooth onto the face, cover your eyes with a slice of cucumber (which will reduce puffiness) and relax for 10-15 minutes. Rinse off with warm water and notice the glow.

You can also use papaya with egg white for a tightening mask. Use this mask for 8 weeks and you should notice fewer wrinkles (6). There is a mask online using papaya and turmeric. However, I do not recommend using turmeric. It will stain your face; so the golden glow won't have anything to do with health!

Finally, tone the skin. Some websites recommend using fresh lemon juice. Due to the acid, lemon juice will do more harm than good to your skin. It is preferable to simply use cool green or chamomile tea with a couple of drops of tea tree oil. Green tea, especially the extract, has been shown to slow down how fast collagen ages due to some of the compounds in it (7).

Massaging the face helps improve blood flow, which in turn stimulates collagen production, keeping wrinkles at bay. Use essential oils in a carrier oil and massage them gently into your skin, using circular motions. Why not get your partner to do it so you can really relax? Three recommended oils are grapeseed, lavender and rosemary.

Grapeseed oil helps treat acne, makes the skin suppler and can give a small degree of protection from UV rays (8).

The scent of lavender oil helps you sleep (9). It is also good for skin, especially eczema, acne and burns. It can also help the skin to heal and boost collagen growth (10).

Rosemary oil is best massaged into your joints rather than on your face. Age brings with it lots of aches and pains, such as rheumatism and arthritis. When you are in pain, and feel stiff, you look and feel old. The good news is that rosemary oil can help reduce inflammation, swelling and stiffness in joints (12). Try it twice a week for a few weeks.

Another anti-aging home remedy is aloe vera. This soothing gel contains malic acid, which is great for making the skin elastic. Aloe is naturally soothing as well, so it can calm sore skin and reduce redness. Aloe also contains sterols, which encourage the production of collagen and hyaluronic acid. Both of which help the skin to maintain moisture and plump it up, reducing wrinkles in the process (13).

Curcumin, the active ingredient in turmeric, has an anti-aging ability because it affects proteins involved in the ageing process throughout the body. It is a very complicated process, but all you need to know is that you will benefit if you include turmeric in your diet. One point worth noting is that, on its own, curcumin is not easily used by the body, so always add black pepper alongside any recipe including turmeric (14).

You can add turmeric to soups, stews, curries and smoothies. Or you can drink 'golden milk'. To make it put 350ml each of light coconut milk and unsweetened almond milk, 1.5 tsp of fresh turmeric (grated), 1/4 tsp of fresh ginger, (grated), 1 tablespoon of coconut oil, a pinch of ground black pepper and 1 tsp of maple syrup in a saucepan. Heat until warm, not too hot, whisking with a fork constantly. If you prefer it sweeter add a little more maple syrup. Serve immediately or store in the fridge for up to 3 days. Reheat it to drink it. This makes a great bedtime drink.

There are many other herbs, essential oils and foods that can help you fight the aging process. This is just a sample of some of the things you can do if you prefer not to use drugs and medication

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