

15 Ways To Reduce Ageing

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Time will take its toll eventually but there are ways you can keep it at bay. There are simple things you can do in order to look after yourself a bit better, which aren't costly or time consuming. You will instantly feel fresher and more confident if you follow these twenty simple tips.

1. Keep out of the sun

Consider using a fake tan or getting a spray on instead of spending hours cooking yourself. Not only will this accelerate your skin ageing but it will also greatly increase your chances of getting skin cancer. Steer clear of sunbeds. Make sure you use plenty of sunscreen when you know you're going to be out in the sun. It's recommendable to apply sunscreen on your face as part of your morning routine, or if not use a good moisturizer with a high SPF.

2. Moisturize

Apply moisturizer at least twice a day. After your morning shower and at night before bed. You'll notice an immediate reduction in dryness. Moisturizer makes your skin more supple and protects it against many things you face during the day, such as pollution and smog. You will find that there are different types for each skin type, normal, oil, dry or combination. Combination skin is an unfortunate combination of both dry and greasy, which often makes it very sensitive, so choose a moisturizer specially designed for sensitive skin.

3. Rest

Get your beauty sleep, literally. Sleep at least eight hours a night and make sure you find ways to [combat stress](#). Maintaining a healthy routine, balancing work, leisure, exercise and rest is the most important thing you can do for your health in general.

4. Things to avoid

Reduce your intake of caffeine and alcohol. Try to spread your alcohol consumption over a few days in the week and have the rest of the days off. Try to drink a maximum of four cups of coffee per day. If you smoke, consider giving up. It has a proven effect on ageing and other health risks. If you need help to finally quit click [here](#).

Be aware of how much sugar you consume. This won't help you to look younger or stay in good shape. Stick to food without artificial sweeteners, look for natural ingredients.

5. Take care of your teeth

Brush your teeth twice a day and use a whitening toothpaste. Go to the dentist once per year and keep on top of it. It might seem like an unnecessary expense but it'll save your money in the long run, a healthy smile can take years off you and really brighten up your face.

6. Watch your weight

Maintaining a healthy routine will help to reduce ageing in different ways. Ensure that you get enough exercise. The healthier you are, the more you will increase the effect of ageing. If you can maintain

your weight to a healthy BMI you will appear younger and more energetic.

7. Combat hair loss

This is a genetic occurrence but there are some natural ways you can delay the process. There are many natural products you can use in order to improve the situation. [CBD helps with hair loss](#), for example, and it has many other health benefits, such as helping you to relax and pain relief.

8. Omega 3

Remember to include plenty of omega 3 in your diet. Foods which are high in omega 3 include salmon and oily fish, nuts and seeds, plant oils such as flaxseed oil, soybean oil and canola oil, but also fortified foods such as some brands of yogurt, eggs, juices, milks and soy beverages.

9. Stay hydrated

Drink at least 4 pints of water per day. Top up your moisturizer, including body lotion. Keep a reusable bottle of water with you at all times to remind you. There are many environmentally friendly options available to buy [online](#).

10. Improve your mood

This doesn't seem like it would work but always believe in mind over matter. The better you feel the more radiant you will look. Try different ways to improve your mental well-being. Spend more time with your friends and family, take up a new hobby, or go for a walk or even take a trip alone. It can be healthy to make some time for yourself occasionally, even go out to the movies alone, or to dinner.

11. Facial regime

This doesn't need to be a trip to the spa. Simply have a routine in which you wash your every morning and evening. Thoroughly wash your face, you can purchase a cleansing solution, or simply use a gentle soap and warm water. After washing your face be sure to apply your trusty moisturizer. For the evening consider investing in [night cream](#), as this does all the work for you while you sleep.

12. Antioxidants

There are many ways you can include antioxidants in your diet. These can include more dark chocolate, red wine, tea, and certain vegetables and berries. These help your body protect itself from many diseases by eliminating chemicals called "free radicals" which are harmful to your cells.

13. Eye creams

As well as moisturizing, try using an eye cream before bed as well. Your eyes can be a tell-tale sign of your age, mainly because they show your emotions and energy levels immediately. Try to keep your eyes refreshed with a number of suggestions [here](#).

14. Exfoliate

This should also be part of your skin care regime. It helps to remove dead skin cells and any blackheads. It will give you an instant face lift. You can buy an exfoliator for next to nothing at your local supermarket.

15. Take a trip

Getting away from it all is the best way you can fully rejuvenate yourself over the weekend. Even consider taking yourself on a minibreak. Go and investigate one of the local hiking or cycling trails, try to get in touch with nature. Your coworkers will notice the difference when you get back on Monday.

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