

10 daily actions make you age faster than people of the same age

The wrinkles will soon appear and make you age quickly if you keep the habit of seemingly harmless. Please join us in 10 daily actions that make you grow faster than those of your age in the article below!

1. 11 bad habits that prevent you from getting out of debt
2. 11 common mistakes of young people today
3. 7 bad habits should give up to build better relationships

The secret of rejuvenation and healthy people is known to be a diet for eating and playing appropriate sports. However, few of us know that **daily habits** also significantly affect appearance, especially skin.

Skin condition not only reveals healthy or unhealthy lifestyles; it also tells us that small details have become habitually seemingly harmless.

We recommend that you pay attention to the following harmful habits that can directly affect your skin in a negative way. Let's take a look at **10 daily actions that make you age faster than those of your age** in this article!

10. Sleeping posture





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When sleeping in a prone position, your head will turn to the side. This results in neck, shoulder and muscle aches as well as reduced blood supply to the brain. The most obvious manifestation is the appearance of dark circles under the eyes and swollen face.

Try to sleep in a lying or lying position . Same location but can change the state of your face.

Another useful habit for your skin is **how to choose the right pillow** . If the pillow is too high, it will form wrinkles in the neck, so choose a moderately high pillow so that the neck stays straight while sleeping and the chin does not rest against the chest.

9. Do not use sunglasses



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Protecting the skin against the sun's impact is also a secret to helping young women long. Moreover, the **skin around the eyes is very thin**, which is why it is easy to form wrinkles when you squint at the light. Therefore, you should form a habit of wearing sunglasses on sunny days, even in winter.

8. Eat



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When eating if you always chew on one side of the jaw, it can lead to face asymmetry. Because the muscles on one side will weaken while the other's muscles are more firm.

See also: 8 mistakes to avoid to have an energetic morning

7. Talk on the phone



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When you hold the phone between the ear and shoulder, your neck will appear wrinkles. If you regularly talk on the phone, hold your hand or listen to the speakerphone.

6. Use a tablet or phone



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We often bend our faces when using a tablet or phone, which can easily affect the eyes and form wrinkles ' turtles ' necks '. Therefore, you should keep your hands on your phone or computer in a higher position, close to your eyes to avoid having to bend your neck while talking to friends or surfing Facebook newsfeed.

5. Anti-chin



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When sitting in front of a computer or reading a newspaper, if you have a habit of combing your chin, try to minimize it as much as possible. Because this action will cause your skin to place on your hands to reduce elasticity and quickly form more wrinkles.

4. Frowning



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Sadness is always shown on the face that is harmful to the skin like: frowning, pursing lips and facial muscles. Every time you find yourself frowning, try to move your ears back without touching them. This may sound ridiculous but it makes it impossible to frown and pull the ear back to its original position.

3. Regularly take a hot bath



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When tired, nothing is pleasant by bathing in hot water. However, if you take a hot bath on a regular basis, it will cause the skin to be destroyed, causing the skin to become more and more dry. That is why you should not do this too often when bathing.

See also: 5 harmful mistakes we often make when bathing

2. Use air conditioner





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Air conditioner will absorb moisture in the air and dry . As a result, the skin becomes drier, causing damage to your skin. That is why you should not forget to moisturize your skin and limit the use of air conditioner too much.

1. Pillow case



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Cotton pillowcases are a standard of choice. However, a bowel pillow wrapped in this fabric can harm the skin and bring unwanted wrinkles.

If choosing an inappropriate pillow case, it will harm the skin ; Therefore, you should use silk or satin pillowcases and change pillowcases often because dead skin often falls on the pillow, which will be an opportunity for bacteria to grow.

See also: 12 causes of insomnia you never expected

Having fun!

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