

5 bad habits make your hands older than your face to 10 years old

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1. If you don't want cancer to knock on the door, don't forget to apply sunscreen to your eyelids!
2. 14 beautiful tips or you will wish to pay as much as you know earlier
3. 10 tips to help you become beautiful without make-up

In fact, our hands actually have a faster rate of aging than the face and most people often have a habit of taking care of more facial skin. However, hands are places where there is a lot of direct contact with toxic chemicals from dishwashing soap, housewash, laundry soap . causing your skin to deteriorate quickly.

So how do I take care of my skin? Very simply, you just need to give up 5 " *malicious* " habits below:

Wash your hands with hot water



1. **Only use water at a temperature of 25 degrees C** " *just meets the standard* ". Many people prefer to soak their hands in warm water. This is fine, but if the water is too high, the skin will lose its natural protection, contributing to cell damage and accelerating the aging process.
2. **When washing your hands, avoid contact with soap for too long** - this is also the cause of dehydration and irritation. Also, choose moisturizing soap with jojoba oil, olive oil or aloe vera.
3. Avoid using electric dryers and use paper towels instead.

Do not wear gloves when doing housework



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As mentioned above, the hands are the most " *abused* " part of the body: exposed to cold water, chemicals, dry air . So to reduce the negative effects on the skin , at least **wear gloves** when washing dishes, cleaning the house or doing any chemical-related work.

1. Wear leather gloves or fur gloves in cold weather.
2. Wear rubber gloves when doing household chores (*washing dishes, cleaning floors, cleaning bathtubs* .).
3. Wear gloves when gardening.

Keep your hands too dry

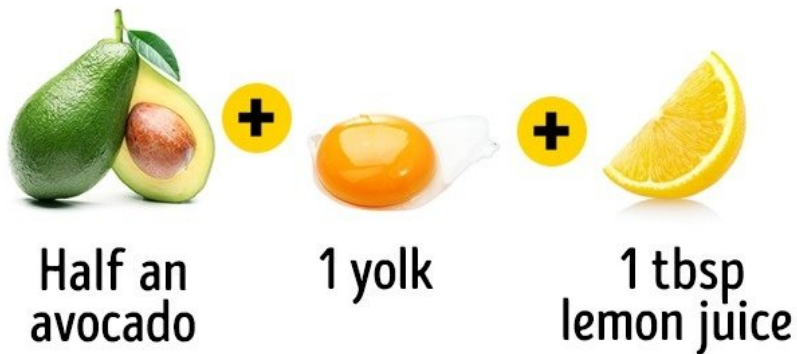


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Just like face skin, your hands also need to be **moisturized regularly**, but it is clear that many of us are not in the habit of doing that.

1. Everyone should prepare yourself a suitable moisturizer, use it twice a day in the morning and evening. If your skin is too dry, leave the cream tube near the sink and use it after each wash.
2. Your nails also need to be moisturized. Rub a little cream on your nails and buy a good vitamin E cream for the cuticles on your skin.
3. Moreover, the skin also needs to be supplied with moisture from the inside, so **drink enough water** - about 1.5 liters / day.
4. Buy a humidifier and turn it on when the air is dry.

Exfoliating dead skin on hands



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1. In addition to applying moisturizer, you also need to gently rub and apply a "mask" to your skin once a week. You can use the products available right in the refrigerator. For example, mix half avocado with chicken egg yolk and a spoon of lemon juice. Then, apply the mixture to your hands and leave it for 20 minutes.
2. You can use a mixture of olive oil and sugar to gently scrub the skin.
3. Advice for lazy people: when rubbing your body or putting on a mask, just apply them to your hands a little bit.

Despise the "sunshine"



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1. In the sun, there are 3 types of ultraviolet rays, making our skin "discolored" very fast, because melanin is massively produced to protect the body.
2. However, the darker skin tone also creates a feeling of aging skin. Moreover, two of the ultraviolet rays in the sun are likely to cause cancer and this is even more terrible than the old hand's age.
3. Therefore, **use hard sunscreen for your hands**. Your hands will be a bit "older", while the chances of causing cancer are greatly reduced.

See more: 12 natural foods that help your skin stay young

Having fun!

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