

7 scientific tips that help goodbye wrinkles effectively

Even if the body starts to age, wrinkles on the skin are no longer a problem. Let's take a look at 7 scientific tips to help you farewell wrinkles effectively below!

1. 9 ways to remove wrinkles on clothes without using irons
2. Look at the tongue guess: 13 signs not to be missed
3. 10 simple first aid tips but 90% of people still do wrong

Even if the body starts to age, wrinkles on the skin are no longer a problem. As usual, when people get older their skin will start to appear ugly **wrinkles** that make them feel uncomfortable, especially with women.

Once the body has wrinkles, it is almost hopeless to erase it, so please follow the **7 scientific tips** below so that even if you get older, you will have a **fresh skin** . These secrets only come from everyday actions without any ingredients. Invite you to consult!

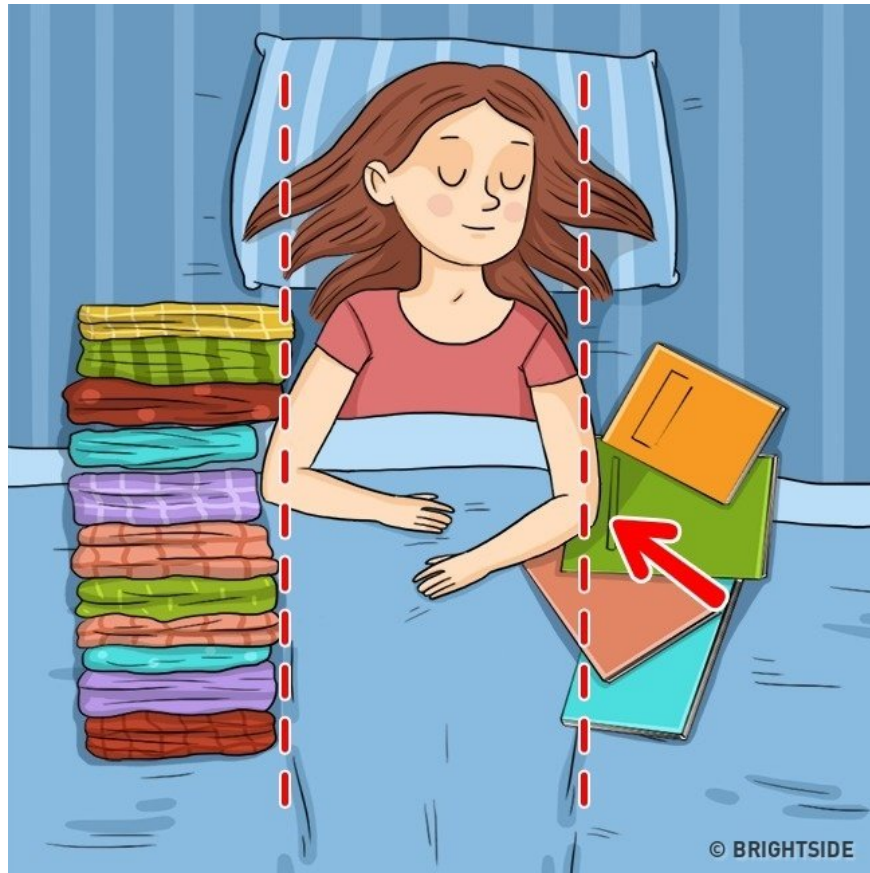
1. Put the pillow under the arm before sleeping



Placing a pillow under your arm before you sleep will help you avoid **wrinkles on your chest** . The most difficult thing is to get used to keeping your body on your back. If you work hard, within a few weeks you will see your skin condition as well as general health improve significantly.

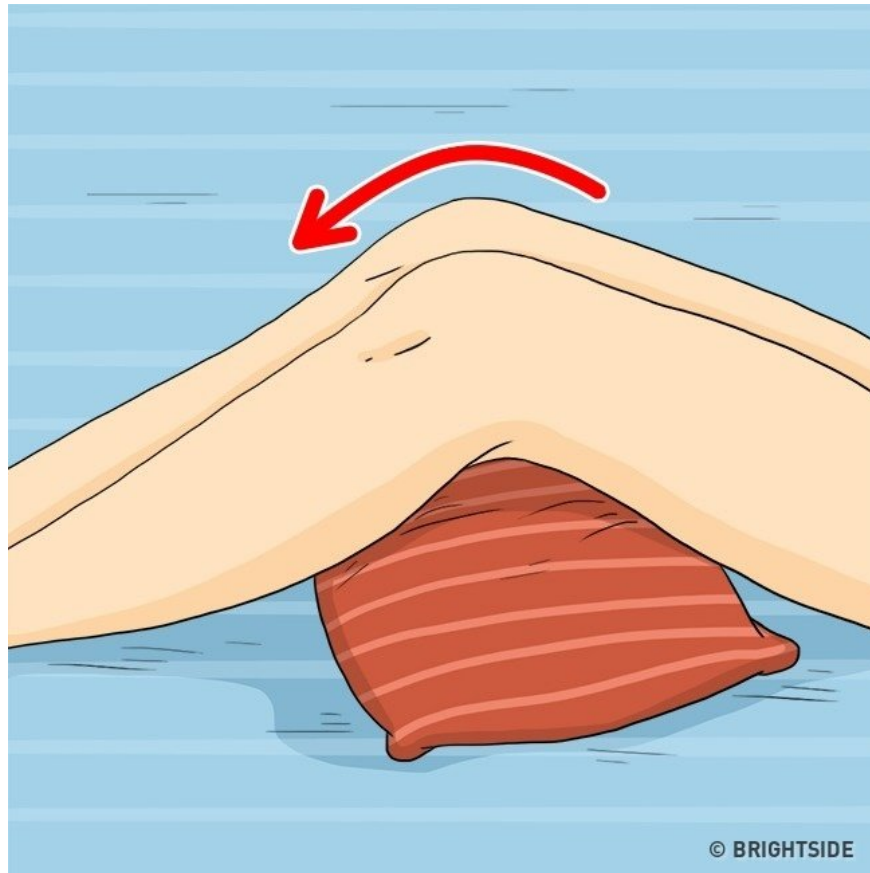
Many studies have shown that this sleeping posture will also help you get the deepest and most complete sleep, while also avoiding the risk of back pain.

2. Put some objects around



This may sound a bit strange but it is really effective in preventing wrinkles. Because when we sleep, we get very good, change our posture and some posture makes our body uncomfortable, which is why the wrinkles appear. Try placing long pieces of stuff around you before you sleep like clothes, books or something that isn't fragile to prevent yourself from being in the night.

3. Put a pillow under the knee



This helps balance the upper body and legs **to improve blood circulation** . At the same time, this small pillow also helps to dispel the pain of knee pain or knee stiffness, especially useful for those who have to walk a lot every day.

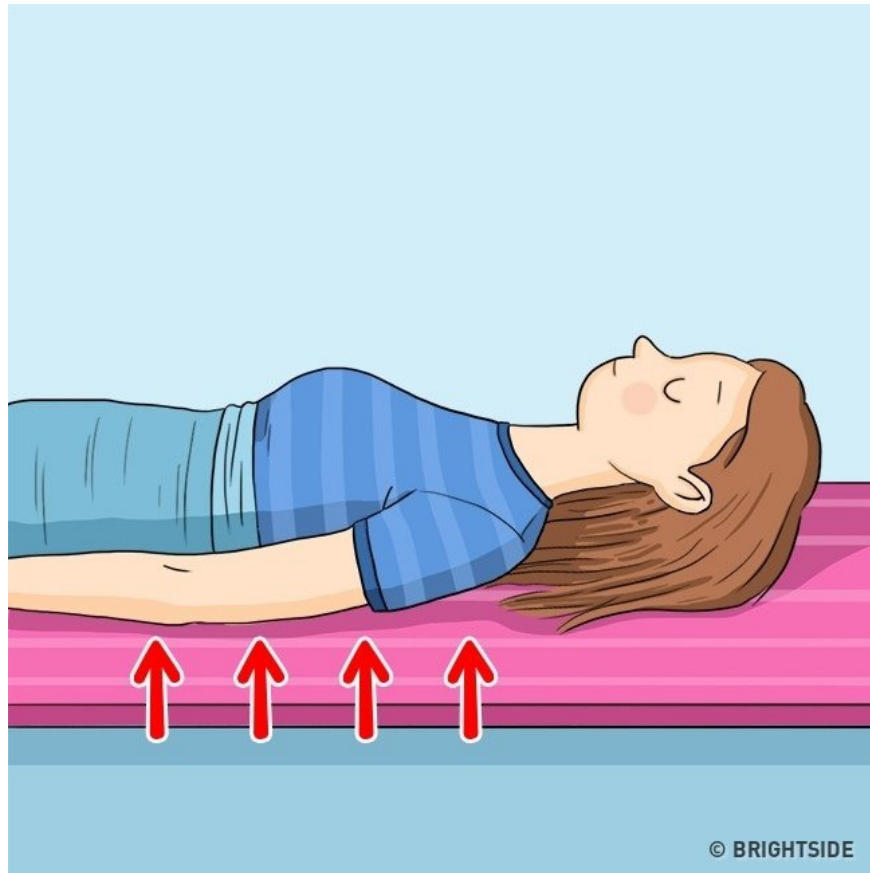
See also: 11 daily habits silently destroy health without you knowing

4. Put a towel under your head



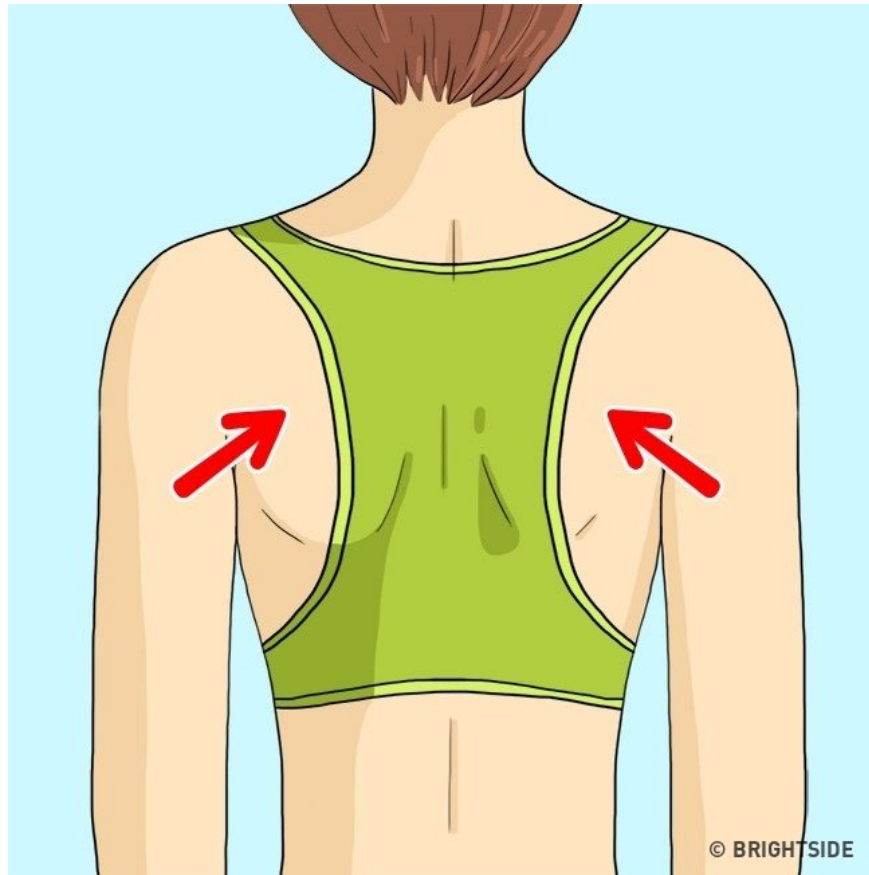
Your head and neck also need to rest comfortably so the best way is to sleep on an *orthopedic pillow* that is very popular and widely available in commercial centers. And if you don't want to spend too much money buying that special pillow, roll a soft towel and put your head up.

5. Choose the right mattress



Soft mattresses can make you feel comfortable, comfortable while lying down, but scientists have long proved that hard rubber mattresses with springs are the best friends of the spine, helping blood circulation and Anti-wrinkle better.

6. Choose appropriate underwear



Very few women know that there is a **wrinkle-resistant bra** on the market now that looks like a gym shirt but made from soft, comfortable cotton and when touched very smoothly.

This bra is specially designed in the cleavage area to not absorb moisturizer, thus protecting your skin to the maximum. Although you can't wear it every day, if you use it while sleeping, "*double mountain*" will be very grateful to you.

7. Moisturizing is always important



A very simple job but extremely effective. **Apply moisturizer** every morning after waking up and every night before going to bed in areas at risk of wrinkles because according to many skin studies, 90% of skin wrinkles are caused by lack of strength. warm.

See also: Simple and effective body massage guide at home

Having fun!

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