

## Asian women's secret to stay young

From Korea to Thailand, Asians always look younger than their actual age thanks to their own secret. Their drive and perseverance play a big part in staying beautiful, even at the age of 50.

Here are **the secrets of maintaining the beauty of Asian women** that anyone can apply.

### Use rice water



Rice water is a common ingredient in many Japanese and Korean skin care products. Many studies have shown that rice water contains ingredients that prevent aging & brighten the skin. You can try a rice water skin care product or make it yourself at home. You can wash your face with rice water before cleaning or use it as a moisturizing spray for the skin.

Rice water can also be used to smooth and shine hair. It is important to remember that the water to wash the rice must be clean if you do not want your skin or hair to be contaminated with impurities.

### Cleanse your face twice



Washing your face twice is a favorite secret in both Korea and Japan because it ensures the face is clean of dirt and impurities after applying a mask & sunscreen all day. Always use an oil-based cleanser as the first step in cleansing, as it helps to soothe the skin and remove sebum from the pores.

The second cleaning step is to use plain water to remove any excess impurities. This action causes the facial skin to better absorb nutrients from other skin care products, while smoothing the skin texture.

## Use products containing snail mucus



Using products containing snail mucus has been around since ancient Greece and is still growing rapidly in modern society. Snail mucus is abundant in Asian skin care products because the complex mixture of hyaluronic acid and glycolic acid is very good for the skin. This mucus also contains zinc, which has a soothing effect on skin irritation, the combination of these ingredients makes your skin brighter and more radiant.

## Try Korean Body Scrub



Korean body scrubs are different from the usual because they don't use bare hands and exfoliating gels but instead use gloves with a sandpaper-like texture to remove dirt and dead cells. excess in the body.

You can find Korean spas where you live or buy these special gloves online. This exfoliation can be painful depending on your tolerance. However, it rejuvenates and smooths the skin. Remember to combine with the use of moisturizer to smooth the skin.

## Drink lemongrass tea



Lemongrass tea is widely used in Asian cuisine, especially in Thailand. Its smell makes food delicious and brings many other benefits. Lemongrass tea is a great detoxifier for the body and can promote digestive health. It also helps reduce bloating and menstrual cramps.

Healthy eating is essential in maintaining radiant skin and lemongrass tea is a great beverage to help you do that.

## **Some other tips to maintain the youthful beauty of Asian women**

1. Apply castor oil to your hair and skin.
2. Face massage with jade face roller
3. Add face masks to your daily skin care routine

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