

Simple habits of people with beautiful skin

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Since the skin is an extension of the gut, ensuring optimal digestive health is crucial. Internal imbalances often manifest on the skin. For example, redness, dryness, rashes, dark circles, and acne are often the result of internal imbalances. When you combine a healthy external skincare routine with a good internal skincare routine, you will achieve results beyond expectations.

Hyaluronic acid helps the skin retain moisture and look plump.

Hyaluronic acid is naturally present in our bodies, and 50% of it is found in the skin. It helps retain water up to 1,000 times its own weight in skin cells, making it an indispensable moisturizer.

The amount of hyaluronic acid our bodies naturally produce decreases with age and as cell regeneration slows, wrinkles, crow's feet, and the rough texture of aging skin become more apparent. Hyaluronic acid is crucial for repairing skin damage, locking in moisture, and keeping skin healthy and radiant!

Studies show that people who use hyaluronic acid have increased skin hydration, significantly reduced wrinkles, and improved skin elasticity, so adding a daily dose to your skincare routine is key to maintaining a youthful, radiant appearance.



Protect your skin from dark spots from the inside out.

Sunbathing may give you a temporary glow, but we all know UV rays can cause serious damage to the skin. Besides hyperpigmentation, studies show that sun exposure to UV rays can reduce skin elasticity and lead to premature signs of aging.

Even if you work in an office all day, you still need protection against those wrinkle-causing rays. A high SPF sunscreen (and reapplication) is important, but it turns out you can also protect yourself from UV rays from the inside out!

Powerful antioxidants and botanical nutrients like Polypodium Leucotomos, turmeric, and ALA found in supplements have been shown to actually help prevent the negative effects on skin associated with sun exposure.

To enhance the benefits, combine it with high-quality vitamin D3, which helps boost skin elasticity and collagen production, while reducing the appearance of dark spots.

Detoxifying the body can help cleanse the skin.

Skin is the largest organ of the body, and when our lifestyles revolve around Netflix and relaxing, drunken lunches, takeout food, etc., all those unhealthy choices risk being expelled through the skin in the form of acne.

Even with good habits, toxins from food and the environment can still linger, so finding natural ways to eliminate them before they harm your skin is a good idea.

It turns out that nature provides many plants and minerals that can help your skin detoxify naturally. Studies show that Chlorella, a type of algae, has the ability to remove heavy metals from the body.

Other natural ingredients like red clover, matcha green tea, beetroot, and dandelion root also have detoxifying properties! Combined, these ingredients can remove toxic heavy metals, provide antioxidants and nutrients to the body, and cleanse the skin from head to toe.

Collagen helps to keep skin firm and smooth.

Collagen is known for its ability to create a youthful appearance, and collagen injections have been a popular option for years to fill in wrinkles, contour cheekbones, and plump lips.

If you're not ready to incorporate collagen injections into your skincare routine, there's another option! Studies show that when absorbed into the body, collagen can improve the appearance of skin, helping to rejuvenate it and minimize signs of aging. Like hyaluronic acid, collagen is a naturally occurring compound in the skin, but it also decreases over time, so collagen supplementation is a great option.

Collagen is available in edible form, so you can consume it in pill, powder, or add it to drinks. It's one of the best skincare products for those who want to prevent signs of aging without injections.



Balancing fatty acids gives you naturally radiant and smooth skin.

Achieve radiant, smooth skin by supplementing with omega-3 and omega-6 fatty acids in the correct ratio. That's right, you can get naturally radiant skin without needing a highlighter brush.

These healthy fats not only help brighten skin and reduce redness but also help maintain cardiovascular and overall health by reducing inflammation. To increase your omega intake, studies recommend eating more fatty fish like tuna and salmon, walnuts, flaxseeds, and chia seeds.

Another easy option is to supplement omega fatty acids by balancing your omega intake with fish oil supplements. However, not all fish oils are created equal – be sure to look for a quality brand that offers ultrapure fish oil with an ideal EPA & DHA ratio of 2:1.

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