

How to Look Healthy: 9 Tips for Better Skin



Healthy skin often starts with what you put into your body. Eating right can ensure you have the right nutrients to keep your skin glowing.

Vitamin E is important for skin, and you can get it from certain foods. Collagen is another important component of skin. Certain foods offer you more collagen, which can help your skin stay elastic and youthful looking.

Many foods also have antioxidants, which fight free radicals. Free radicals may cause damage to skin, which can result in spots, wrinkles, or even cancer. Blueberries are one example of a food loaded with antioxidants.

Fatty acids like omega-3s and omega-6s are also important for your skin's health.

Finally, water is an important component of skin. If you want to look healthy, try drinking some more water. Staying hydrated can make all the difference.

1. Exercise Is Good for Your Skin

You might not think that sweating at the gym is good for your skin. Sweating can actually help remove impurities, bacteria, and more. It acts as a detoxification process.

Working out has another benefit for your skin. It increases blood flow to the skin. In turn, your skin will look healthier.

1. How to Look Healthy with Moisturizers

A good moisturizer is a key part of most skin care routines. Your skin may get dry for any number of reasons. It could be the products you use on it, or it could be seasonal changes where you live.

Air is often drier in the winter, which can then dry out your skin. That's one reason you should switch your moisturizer seasonally. Using the right moisturizer can help keep skin hydrated, which makes it look and feel healthier.

Watch out for moisturizers that are heavy or greasy. They can clog pores, which can lead to breakouts. If you have sensitive skin, you'll probably want to avoid scented moisturizers as well.

1. Use Sunscreen to Protect Skin

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Another tip for how to make skin look healthier is to protect it with sunscreen. You probably put sunscreen on when you're going to the beach or if you plan to be outside all day.

In reality, you should put sunscreen on whenever you plan to go outside. You should even wear it in the winter.

Why? The damaging UV rays from the sun don't disappear on cloudy days or when the snow flies. Even just a few minutes of exposure every day will eventually add up.

Sun damage can cause premature aging, as well as cancer. Taking the time to put on a little SPF is well worth it to prevent these effects.

Even if you start wearing sunscreen now, you may notice that you still see signs of aging. Technologies like co2re laser treatments can help to reverse the damage that's already been done.

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