

## 15 Natural Ways To Hang On To That Youthful Glow

By: Bianca Mendez



Our skin says a lot about us—it can reflect everything from our heritage to our diet to how old we are. Confession: We're not always too happy about that last one.

“As we age, skin cell turnover slows down, moisture is lost, and the outer layer of skin (epidermis) becomes thinner and frailer,” says Paula Simpson, holistic nutrition and beauty expert, and co-founder of ZSS Skincare. Hence the dull, dry skin we all try desperately to avoid.

Before you start researching Botox in a moment of panic, check out these all-natural, needle-free ways to keep your skin looking as youthful as possible. Hello, plump and glow!

### Olive Oil

Pass the Greek food, please. Look at the people who live in the Mediterranean, and you'll notice that their skin ages really well, says **Gabrielle Francis**, naturopathic doctor and author of **The Rockstar Remedy**. Their graceful aging may just have something to do with the olive oil in their diets. “Extra-virgin olive oil contains antioxidants, which help control oxidative stress in your cells, a factor that may contribute to skin aging,” says Simpson.

Consider ditching your store-bought salad dressing for a quick and easy combo of EVOO and vinegar—or toss veggies in olive oil before roasting.

## **Argan Oil**

This oil is an all-star in the beauty world for good reason. Often referred to as 'liquid gold,' argan oil contains fatty acids and antioxidants that help nourish the connective tissue of the skin, says Francis.

While almost every skin product out there seems to be infused with argan oil right now, Francis suggests sticking with the pure oil because it absorbs into the skin more effectively.

## **Flax Oil**

Adding flax oil to your diet may just be a game-changer for your skin. The omega-3s in this oil can help your skin to maintain moisture, says Francis. Added bonus—They also support healthy hair, so don't be surprised if you notice an extra-shiny mane, too.

Just a head's up: According to Francis, flax oil doesn't have the most pleasant of tastes, so try adding it to a smoothie or using it in salad dressing.

## **Water**

Water keeps us hydrated and helps our bodily systems—including our heart, brain, and muscles—run smoothly. That goes for our skin, too.

If you're dealing with a dull, dry complexion, making sure you drink eight to ten glasses of water per day should improve your skin, Francis says.

## **Vitamin D**

Vitamin D helps to regulate a process in which the cells that make up layers of the skin turn over and replenish, according to Oregon State University.

The easiest way to get your fill of vitamin D is to spend 20 to 30 minutes outside sans sunscreen. That may sound counter-intuitive considering we're always told to slather ourselves with sunscreen before heading outdoors, but when you wear sunscreen you actually block the vitamin D from entering your skin, says Francis. Just make sure not to linger for too long—sunburns are not a good look.

Link: <https://whatsgood.vitaminshoppe.com/2017/02/07/natural-anti-aging-skincare/>