VITAMIN

Vital health information in a minute

Get that healthy glow

Simple skin savers

Your skin has a tough job, and a lifetime of exposure to the elements can take its toll. Although you can't turn back the clock, it's possible to have healthy skin at any age. These simple lifestyle changes can help rejuvenate your skin, so it looks and feels healthier.¹

Limit sun exposure

The sun's ultraviolet (UV) rays can cause wrinkles, age spots, other skin problems and even cancer. Protect yourself by avoiding the sun during peak times of the day. Wearing a lightweight long-sleeved shirt, wide-brim hat and sunglasses provides additional protection.

Wear sunscreen

Apply sunscreen with SPF 30 or higher before venturing outside and reapply every couple of hours, more often if you're swimming or active. And remember your lips. Look for a lip balm with SPF 30 to help prevent burning and chapping.

Kick the habit

Smoking damages your skin and accelerates skin aging. Cigarette smoke narrows the blood vessels, causing a decrease of blood flow to the skin. This can deplete the skin of important nutrients. Smoking also harms the collagen and elastin in the skin, which affect the skin's strength and elasticity. Quitting smoking can prevent further skin damage and reduce the risk of cancer.

Eat right

A well-balanced diet can provide the nutrients your skin needs. Eating plenty of fruits, vegetables, whole grains and lean proteins is good for your health. Limiting unhealthy fats and highly processed foods may also help your skin.

Manage stress

Too much stress can make your skin more sensitive to breakouts and other problems. And when you're feeling stressed, you may fall into a cycle of unhealthy habits that may take a toll on your skin. Try to manage stress in healthy ways. Go for a walk, talk to a friend, take deep breaths or practice yoga.

Be gentle on your skin

Use comfortably warm, rather than hot, water when washing your face or showering. Hot water is drying to the skin because it removes essential oils. Cleanse with mild soaps and avoid strong detergents and skin products. Keep your skin soft by using a moisturizer that's right for your skin.

Source:

1. Mayo Clinic. Skin care: 5 tips for healthy skin. https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237 (last reviewed/updated October 15, 2019).

Together, all the way."



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