

# 10 Ways to Naturally Take Care of Your Skin.

## 1 Stay Hydrated

Drink lots of water: your skin cells will dry up, die, and slough off if you don't stay hydrated.



## Avoid Getting Too Much Sun 2

Exposing your skin to sunlight is important for Vitamin D, but too much sun can damage your skin. If you are going to be in full sun longer than 15 minutes, apply a safe and non-toxic sunscreen.

## 3 Eat Healthy Fats

Want beautiful shimmering skin? Eat shiny oils that are full of omega 3 fatty acids.



## 4 Eat Antioxidant-rich Food

Eat your way to clearer skin by eating whole foods that are rich in antioxidants. Great place to start: Salmon and Blueberries.

## 5 Skip The Sugar

Sugar and high carbohydrate foods cause free radicals which can make your skin both dry and wrinkled.



## 6 Use Natural Moisturizers

Don't fix dry patches with lotions packed with preservatives and unwanted chemicals. Use natural moisturizers like shea butter & coconut oil.



## 7 Take Collagen

Collagen is the material that our bodies use to keep skin looking plump and soft.



## 8 Sweat Out The Toxins

Cleaning your skin is an important way to keep it healthy. Try cleansing the skin with a full sweat in a sauna or a short intense workout.

## 9 Blood Flow

Use downward dog or an inversion table to flood the skin cells with more nourishing blood.



## 10 If All Else Fails, Take a Nap

Sleep is so important for rejuvenating your entire body. Dark circles under your eyes are a sure sign that you aren't getting the sleep that your skin needs.



# Take Care Of Your Skin

**Léo Pomar**

**Take Care Of Your Skin:**

*Our Wonderful Bodies and how to Take Care of Them* Joseph Chrisman Hutchison,1894      **The Dragon** ,1886      **Take Care of Yourself** Donald Vickery,1990      **Upscale** ,1994-05      *The Phrenological Journal and Life Illustrated* ,1882  
**Health Reformer** John Harvey Kellogg,James Thomas Case,1882      *The Medical World* ,1886      *Healthy Life and Hydropathic News* ,1883      *Journal of the Society of Arts* ,1877      *The Boy's Own Paper* ,1880      **Take Charge of Your Health** Paul Terry,1995-09      **Outing** ,1898      **Reports Made to the General Assembly of Illinois** Illinois. General Assembly,1881      *Sportsbeauty* Kathryn Lance,1984      **Life** ,1939      *Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc* Cassell & Company,1877      *the sunday at home* ,1882      **Medical record** ,1882      *Medical Record* George Frederick Shrady,Thomas Lathrop Stedman,1882      *The Joy of Healthy Skin* Lynn Parentini,1996 Designed to be a complete source of skin care with emphasis on both corrective preventive care

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