

5 Ways to Achieve All-Natural Glowing Skin

Are you and your skin tired of well... looking tired?

Not all of us have the luxury of going to the salon every week for a facial, At least, I know that I don't. Do you?

There's just not enough time in the day! Between taking kids to school, lunch meetings, deadlines, and cooking dinner. Where are you supposed to fit in a facial?

Well, what if I told you there was a way? A way to get great skin without throwing your whole schedule out of whack!

I can do you one better. What if I told you that you probably already have everything in your house?

In 3 minutes, you will know how to take your skin from dull and dry, to healthy and radiant.

1. Soothe with coconut oil

This is a holy grail. An all-natural product. And it can do amazing things it can do for your skin.

It has antioxidants that protect your skin from free radicals (atoms that damage skin cells) and help reduce fine lines and wrinkles.

Anti-inflammatory properties in the oil help calm redness and reduce swelling.

It can also take off your make-up. Don't worry about buying those sometimes pricey, makeup removers.

2. Go for Aloe

When you think of aloe vera, do you immediately think of sunburn relief? Me too.

But it is so much more than that!

Using aloe vera on your skin removes dead skin cells and promotes new cell growth. And here is an added bonus, it won't clog your pores! Wash your face, put on your aloe and you glow girl.

3. Drink up

Did you know that the skin is the largest organ of the body? And did you know it's mostly made of water?

But, I'm not here to give you a science lesson. Just grab that emotional support water and get to drinking. Experts recommend at least eight 8oz glasses a day to help maintain your skin's elasticity.

This has to be the easiest way to get you to your glow era right?

4. Moisture Surge

Sure, you have heard of moisturizers. You probably already use it daily.

But are you using it correctly?

The key is to put it on while your skin is still wet. This way it locks in extra moisture and keeps the skin feeling smooth.

5. Sunscreen Always

This is the last step that I cannot stress enough.

Sunscreen helps protect our skin from damaging UV rays that can cause skin cancer, wrinkles, and fine lines.

Use it as the last step of your skincare routine. And reapply it throughout the day, even when it's cloudy outside!

Sunscreen is our best, protective friend.

Well, there you have it. Five ways to achieve all-natural glowing skin.

What do you think? Did I miss anything important? Or do you have any more tips that you can share with us? Please leave your comments and tips below.

If you think this was helpful, share it on social media and share it with your friends!