

9 Effective Ways to Get and Maintain a Healthy Skin



The benefits of getting and maintaining a healthy skin are innumerable. Not only does it slow down the natural ageing process of the skin but it also acts as a barrier for the skin against harmful pathogens and toxins ensuring better overall health.

Also, [makeup tends to look better on healthy skin.](#)

So learning to get and maintain a healthy skin is very important and this article contains 9 effective tips that would guide you to that effect.

Ready,

Ok let's begin.

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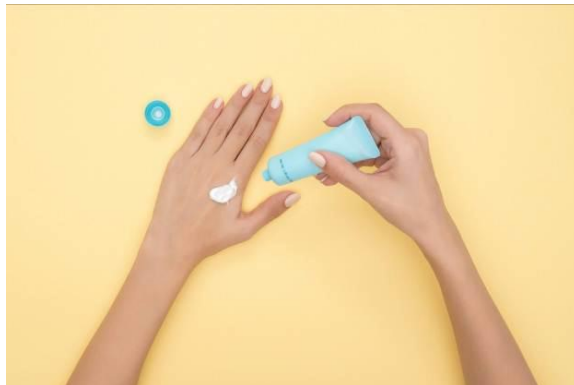
1. Protect your skin from the sun.
2. Maintain a healthy diet.
3. Drink plenty of water daily.
4. Limit or reduce your alcohol intake.

5. Quit or reduce smoking.
6. Moisturize regularly.
7. Develop good skincare habits.
- 8.. Destress regularly.
9. Exercise regularly.

1. Protect your skin from the sun: One of the simplest ways to get and maintain a healthy skin is to protect your skin from the rays of the sun.

The sun contains ultraviolet light which can damage your skin and make it age faster. It is also harmful to all skin type.

Also, exposing your skin to the sun can increase the [risk of skin cancer](#).



2 ways to protect your skin from the sun:

- Use Sunscreen- Before you leave your home, always apply sunscreen not just to your face but to any exposed parts of your body like your neck, back, hands etc. You should also try to reapply it every 2 hours.

Also, whatever sunscreen you use, make sure it has an SPF of at least 30+ as this provides more protection against the sun.

- Stay under a shade any chance you get- If you do need to be under the sun, then do not stay under the sun. Stay under shaded areas like trees or places like coffee shops.
- Monitor your sun exposure at home: The rays of the sun can also pass through windows and curtains and you need to always be conscious of this at home.

2. Maintain a healthy diet: Your skin is partly a reflection of what you eat. Eating healthy foods has a lot of positive effects on your skin.

It protects the original components of your skin like collagen. It also provides your skin with [skin protecting components](#) like Polyphenols, Lutein, Omega-3, vitamins etc.

For example, people who lack [vitamin B](#) are prone to having skin rashes.

So, make sure to have a mix of fruits, vegetables, lean proteins in your diet.

Also, try to cut out junk foods, processed or refined foods like bread, pasta, etc from your diet.

3. Drink plenty of water daily: Drinking water regularly will help your skin stay refreshed and hydrated.

There is no specific requirement of the amount of water you need to drink daily but make sure to drink as much as you can.

A simple way to build this habit of regularly drinking water is to always carry a filled water bottle near you at all times.

4. Limit or reduce your alcohol intake: Alcohol has lots of negative effects on the skin. Not only does it cause wrinkles on the skin but it can also cause skin cancer.

[Research](#) has shown that for every 10-gram intake of alcohol per day, the risk of getting skin cancer increases by 7%.

5. Limit or stop smoking: Smoking makes your skin develop wrinkles and age faster. When you smoke, the nutrients in your skin like essential vitamins and minerals are depleted.

For example, nutrients on the skin like [Collagen, Elasticin](#) which makes the skin strong and elastic are reduced whenever you smoke.

It is highly recommended that you stop smoking totally but if you really need to to, then reduce it as much as you can.

6. Moisturize regularly: There are a lot of amazing benefits to moisturizing daily on the skin. It helps your skin look radiant, plump and prevents flakiness, dryness etc.

We recommend the [CeraVe Moisturizing Cream](#) which helps to lock in moisture and maintain skin barrier.

7. Develop good skincare habits: There are certain seemingly harmless habits that you do which affects your skin negatively.

To get and maintain a healthy skin, it is very important that we stop or replace these habits.

Some of these habits are:

- Not washing off makeup before sleeping.
- Bathing with hot water regularly.
- Bathing for a long period of time.
- Scrubbing your face with a towel instead of patting.

8. Destress regularly: Being stressed out doesn't only affect you mentally, it also affects your skin.

[Research](#) has shown that being stressed can also cause your skin to develop fine lines and wrinkles.

To reduce stress, try to:

- Take regular breaks from work.
- Improve your sleep quality.
- Use stress- reducing techniques like meditation, mindfulness, deep breathing, etc.

9. Exercising regularly: Exercising has so many benefits on the human body including the skin. It increases blood circulation, production of collagen and gives your skin a healthy glow.

Conclusion

The benefits of having a healthy skin cannot be measured. Not only do you look good, you also feel good.

Remember, using skincare products are only a part of the various ways you can take care of your skin. By utilizing the 9 tips mentioned above, you'll be on your way to getting and maintaining a healthy and glowing skin.

