

Home remedies for glowing skin

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YOUR skin is the largest organ that you have, so you want to take care of it. Glowing skin is typically seen as a sign of health and vitality.



Having dull or dry skin can make you feel less than your actual best in a day.

To give you that glowing skin, you probably already have everything you need in your pantry, kitchen, or medicine cabinet to help revitalise your skin.

Here are some home remedies for glowing skin by website www.healthline.com.

1. Soothe skin with virgin coconut oil

Coconut oil has anti-inflammatory, antioxidant, and healing properties but using coconut oil may not work for every skin type.

Research shows that coconut oil is a good moisturizer. Try massaging a small amount of coconut oil onto your face. Let it soak in for a few minutes before washing off with your normal cleanser.

2. Use aloe vera to keep skin strong and healthy

Aloe Vera has healing properties and may stimulate new cell growth. It also soothes and moisturizes without clogging pores.

Using aloe vera after you've washed your face each day may give your skin that healthy glow.

3. Moisturise properly after washing your face

Apply moisturiser to your skin when it's still wet from a shower or from rinsing your face.

This will lock in extra moisture rather than working on a surface level to make your face feel smooth. Don't exfoliate your skin when it feels dry, and don't skip moisturiser just because your face feels oily.

4. Avoid smoke and second-hand smoking

When you expose your skin to cigarette smoke, you're coating your face with all sorts of chemical toxins. This ups the oxidative stress in your skin cells, leading to prematurely aged skin.

5. Drink more water

Your skin is made up of cells that need water to function well.

Aim for at least eight 8-ounce glasses of water per day.

6. Shorten your shower

Try to minimise your skin's exposure to water that's extremely hot.

You may also consider cooling down the temperature in the latter part of your shower to improve circulation, which may give your face a more toned and youthful appearance.