- Aesthetics

How to Get Rid of Wrinkles Naturally

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Smooth skin can be a sign of health, vitality, and youth. Many people try different ways to keep their skin wrinklefree as they age. Wrinkles can develop on the skin due to age, exposure to ultraviolet light, smoking, and repeated facial gestures such as smiling or squinting. Although there are many anti-wrinkle creams, serums, and supplements available, many people prefer natural ways to get rid of their wrinkles. It can be done by keeping the skin moist, encouraging firmer skin with the right lifestyle choices, and preventing wrinkles.



Drink plenty of water. At least 8 glasses of water every day can help flush toxins from the body and promote healthy, glowing skin. The moisture can also plump up the skin and temporarily fill wrinkled areas.

Slather on a natural moisturizer. Applying a few drops of a natural product or oil such as olive or coconut to the body or facial skin twice a day can help maintain moisture and plump up the skin, reducing the appearance of wrinkles. Natural moisturizers include: olive oil, hemp oil, rose oil, castor oil, coconut oil, shea butter, and aloe vera.

Select different oils for oily and combination-type skin. Even people with oily and combination-type skin need moisturizer for their skin. This can help you get rid of wrinkles and may even reduce redness and shine. Choose lighter natural oils to moisturize oily skin such as argan oil, jojoba oil, grapeseed oil and hemp seed oil.

Pamper facial skin with face mask. A homemade face mask may be whipped up with foods found around the house. The skin can be infused with vitamins and nutrients in eggs, avocados, and cucumbers; these can erase or reduce any wrinkles. Adding a few splashes of lemon juice to the face mask may further plump the skin and make it glow.

Mix together the any of the following masks and leave on your selection for 15 minutes before rinsing them off with warm water:

- One tablespoon honey with one tablespoon ground flax meal and ½ cup plain Greek yogurt
- Four tablespoons lemon and ½ cup uncooked rolled oats
- One tablespoon lukewarm water, one apricot and ½ of a banana
- Two tablespoons oat- or wheat grass juice, ½ of an avocado, ½ cup yogurt (www.wikihow.com)