

# Tips for healthy skin

- **Drink enough water.** Drink at least 8 glasses of water per day to flush toxins out of your body and moisturizes your skin from inside out.



- **Sleep well.** Try to get at least 8 hours of sleep, as the skin rejuvenates and heals during your sleep.

- **Reduce stress.** Stress hormones lead to excessive oil production which will result in acne.



- **Physical activity.** Exercising regularly for about 30 minutes to 1 hour not only keeps you healthy but also helps to decrease stress levels.

- **Be hygienic.** Wash your face at least twice a day to remove dirt from your skin and make it feel fresh.



## Do you know?

Besides adequate external skin care, healthy skin requires **nourishment** from within. Health begins with your diet. Taking in the right amount of nutrients and vitamins is essential for great skin.<sup>1</sup>

## Essential Skin Nutrients

### ✓ Vitamin E (d- $\alpha$ -tocopherol)<sup>3</sup>

- Antioxidant that enhances healing and tissue repair.
- Fights cellular aging by protecting cell membranes, improving circulation and prolonging the life of red blood cells.

### ✓ Gamma-Linolenic Acid (GLA)<sup>3</sup>

- Omega 6 essential fatty acids
- Needed to keep the skin smooth and soft, as well as to repair tissue and dissolve fatty deposits that block pores.
- Source of GLA: Evening Primrose Oil

#### References:

1. Boelsma et al. Nutritional skin care: health effects of micronutrients and fatty acids. *American Society for Clinical Nutrition*. 2001; 73: 853-864.
2. EverydayHealth.com. 2015. 10 Amazing Facts About Your Skin. <https://www.everydayhealth.com/newS/10-amazing-facts-about-skin/>. Accessed 23 May 2016.
3. Phyllis A. Balch. 2006. *Prescription for Nutritional Healing*. New York: Penguin Group.