

How to Reduce Signs of Ageing



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How to Reduce Signs of Ageing

1. Skincare Routine:

1. Sun Protection: Consistent sun protection is a cornerstone of anti-aging skincare. Wear sunscreen with at least SPF 30 daily, even on cloudy days and during winter. Opt for broad-spectrum sunscreens that protect against both UVA and UVB rays. Reapply every two hours when outdoors, and don't forget to protect your neck, ears, and hands, which are often exposed to the sun. For those with over-sensitive skin, using a natural plant-based sun cream with a SPF of 50 will give a higher protection.

2. Moisturise: Keeping your skin hydrated is essential for maintaining its elasticity and youthful appearance. Use a high-quality moisturizer suitable for your skin type. Look for ingredients like glycerin, hyaluronic acid, and ceramides, which help retain moisture and strengthen the skin barrier. Apply moisturiser after cleansing your face to lock in hydration.



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3. Anti-Ageing Products: Incorporate anti-ageing products into your skincare routine to target specific concerns such as wrinkles, fine lines, and uneven skin tone. Consider using products with active ingredients like retinoids, which promote cell turnover and collagen production; vitamin C, which brightens the skin and provides antioxidant protection; and hyaluronic acid, which plumps and hydrates the skin. Start with a low concentration of retinoids to minimise irritation and gradually increase usage.

4. Gentle Cleansing: Use a gentle cleanser to remove impurities, makeup, and excess oil without stripping your skin of its natural moisture. Avoid harsh soaps and cleansers that can irritate and dry out your skin. Cleanse your face twice a day—morning and night—for the best results.



5. Exfoliation: Regular exfoliation helps remove dead skin cells and promotes cell turnover, leaving your skin smoother and more radiant. There are natural exfoliant alternatives such as sugar which contains glycolic acid ideal for removing dead skin and fine-milled oats for a gentler exfoliation without the harshness of coarser exfoliants like salt, rice and coffee.

For non-vegans, raw honey can be used as a softer and much gentler exfoliant and so is thick yoghurt.

Opting for natural ingredients rather than chemically manufactured exfoliants would be best.



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6. Healthy Lifestyle Options to Consider

1. Complement your skincare routine with a healthy lifestyle.
2. Stay hydrated by drinking plenty of water.
3. Eat a balanced diet rich in antioxidants, vitamins, and minerals.
4. Get enough sleep to allow your skin to repair and rejuvenate.
5. Avoid smoking and limit alcohol consumption, as they can accelerate the ageing process.



7. Healthy Diet

Finally, a diet rich in omega-3, healthy fats and antioxidant-rich foods helps fight the free radicals that contribute to ageing and help promote youthful skin. Natural collagen-boosting foods are essential, too.

We are also going to be looking at the different types of spices and herbs that we can include in our foods or include them in our homemade gels and creams for topical applications.

Either way, they can benefit us by improving our skin health by including them in our diet or using them topically. They can be remedial and heal illnesses from gut health issues, and respiratory and bronchial issues to skin disorders like eczema, severe dry skin, dermatitis and other skin inflammation issues.

As we get older, the oestrogen levels in women tend to drop causing a host of symptoms that we have to deal with. Consuming foods that promote natural collagen in our skin can reverse the symptoms of ageing.

In the following pages, I have included spices and herbs you can add to your diet daily and enjoy their benefits for your skin and overall health.

Herbs and Spices for Skin Health and Anti-Ageing.

Turmeric

Anti-Inflammatory: Turmeric contains curcumin, a powerful anti-inflammatory compound that helps reduce redness and swelling in the skin.

Antioxidant: Curcumin also has antioxidant properties that neutralize free radicals, protecting the skin from damage and promoting collagen production, which helps maintain skin elasticity and reduce wrinkles.

Brightening: Regular use of turmeric can even out skin tone, reduce dark spots, and give the skin a natural glow.

Ginger

Anti-Aging: Ginger is rich in antioxidants, particularly gingerol, which helps protect the skin from oxidative stress and reduces the appearance of wrinkles and fine lines.

Scar Reduction: Ginger's antioxidant properties promote healthy blood flow, which can help fade scars and improve skin texture.

Anti-Inflammatory: Ginger's anti-inflammatory properties help soothe irritated skin and reduce redness, making it beneficial for conditions like acne and eczema.



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Cumin

Detoxification: Cumin has natural detoxifying properties that help flush out toxins from the body, promoting clearer skin.

Antioxidant: Cumin is rich in antioxidants, which protect the skin from free radical damage and help maintain a youthful appearance.

Anti-Inflammatory: The anti-inflammatory properties of cumin help reduce skin inflammation and soothe irritated skin.

Oregano

Antimicrobial: Oregano oil has strong antimicrobial properties that help combat bacteria, fungi, and viruses, making it effective against acne and other skin infections.

Anti-Inflammatory: Oregano oil's anti-inflammatory properties help reduce redness and swelling, soothing irritated skin.

Antioxidant: Rich in antioxidants, oregano oil protects the skin from oxidative stress and helps maintain a youthful glow.



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Basil

Antioxidant: Basil is packed with antioxidants like eugenol and camphor, which protect the skin from free radical damage and prevent premature ageing.

Anti-Inflammatory: Basil's anti-inflammatory properties help soothe irritated skin and reduce redness, making it beneficial for conditions like acne and eczema.

Antibacterial: Basil has natural antibacterial properties that help cleanse the skin, unclog pores, and prevent acne breakouts

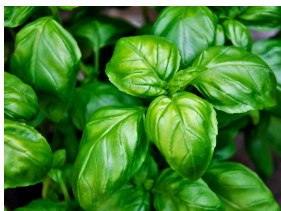
Peppermint & Parsley

Peppermint is rich in antioxidants, including vitamins A and C, which help strengthen the immune system and protect the body against harmful free radicals.

Parsley, with its high vitamin C content, contributes to immune function and aids in reducing inflammation in the body. Both these herbs can boost your skin health and collagen

Here is a link if you are interested in making your own collagen gel or face mask using parsley and cucumber for your skin health.

<https://www.youtube.com/watch?v=-Ro0hKu56Mk>





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Thank you for downloading this short guide highlighting the main points to support you in your self-care journey. If there is anything specific that you would like to know then please send your message to my social media platform,
@indolgencewellbeing -Instagram

You can get in touch on @VitalityVibes on TikTok.

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