



GLOW FROM WITHIN

5 lifestyle habits for healthy skin that no cream can give you



1. DRINK ENOUGH WATER

Hydrated skin starts with a hydrated body. Aim for roughly **1.5–2 liters of water a day** — more if you sweat, train, or drink coffee. Sip consistently throughout the day instead of chugging once; herbal teas count too.



2. EAT THE GOOD STUFF

What you eat shows up on your face within weeks. **Healthy fats:** fatty fish (salmon, sardines, mackerel), cold pressed olive oil, avocado, nuts and seeds. **Colorful food:** berries, greens and fresh herbs like parsley. **Dark chocolate** (min. 85% cacao) — its antioxidants are real and it's also a great source of magnesium.



3. MOVE YOUR BODY

Exercise boosts circulation, delivering oxygen and nutrients to skin cells — that post-workout glow is real. Even a brisk **30-minute walk** daily makes a difference, especially after lunch or dinner to keep your blood sugar down.



4. PROTECT & REST

Wear sunglasses outdoors — squinting deepens fine lines and UV damages the delicate eye area. Then **sleep 7–9 hours:** this is when your skin repairs itself and produces collagen. No night cream can replace real sleep.



5. BE SMART ABOUT WHAT YOU CONSUME

Go **light on alcohol** — save it for special moments. Don't overdo **caffeine**; swap your third coffee for **green or white tea**. Eat **fermented foods** for a healthy gut. Go easy on **dairy** — or skip it if you break out around the chin. And never smoke: it's the fastest route to dull, aged skin.

BONUS HABITS FOR EVEN BETTER SKIN

- **Manage stress** — cortisol triggers breakouts, inflammation and premature aging. Try breathwork, journaling, or time in nature.
- **Get fresh air daily** — stale indoor air and heating dry your skin out.
- **Change your pillowcase weekly** — it collects oil, sweat and bacteria that transfer straight back onto your skin.
- **Shower lukewarm, not hot** — scorching water strips the skin's protective barrier.
- **Clean your phone screen** — it touches your cheek daily and is dirtier than you think.
- **Use a gentle laundry detergent** — harsh fragrances irritate skin that touches sheets and clothes.
- **Don't over-exfoliate** — your skin doesn't need exfoliating every day; stick to once every two weeks.
- **Stay consistent** — skin renews roughly every 28 days; give any habit a month before judging results.

HEALTHY SKIN IS BUILT FROM THE INSIDE OUT
GOOD LIFESTYLE BEATS ANY MIRACLE PRODUCT

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