
KITCHEN REMEDIES

FOR WRINKLES, DARK SPOTS,
AND SAGGING SKIN



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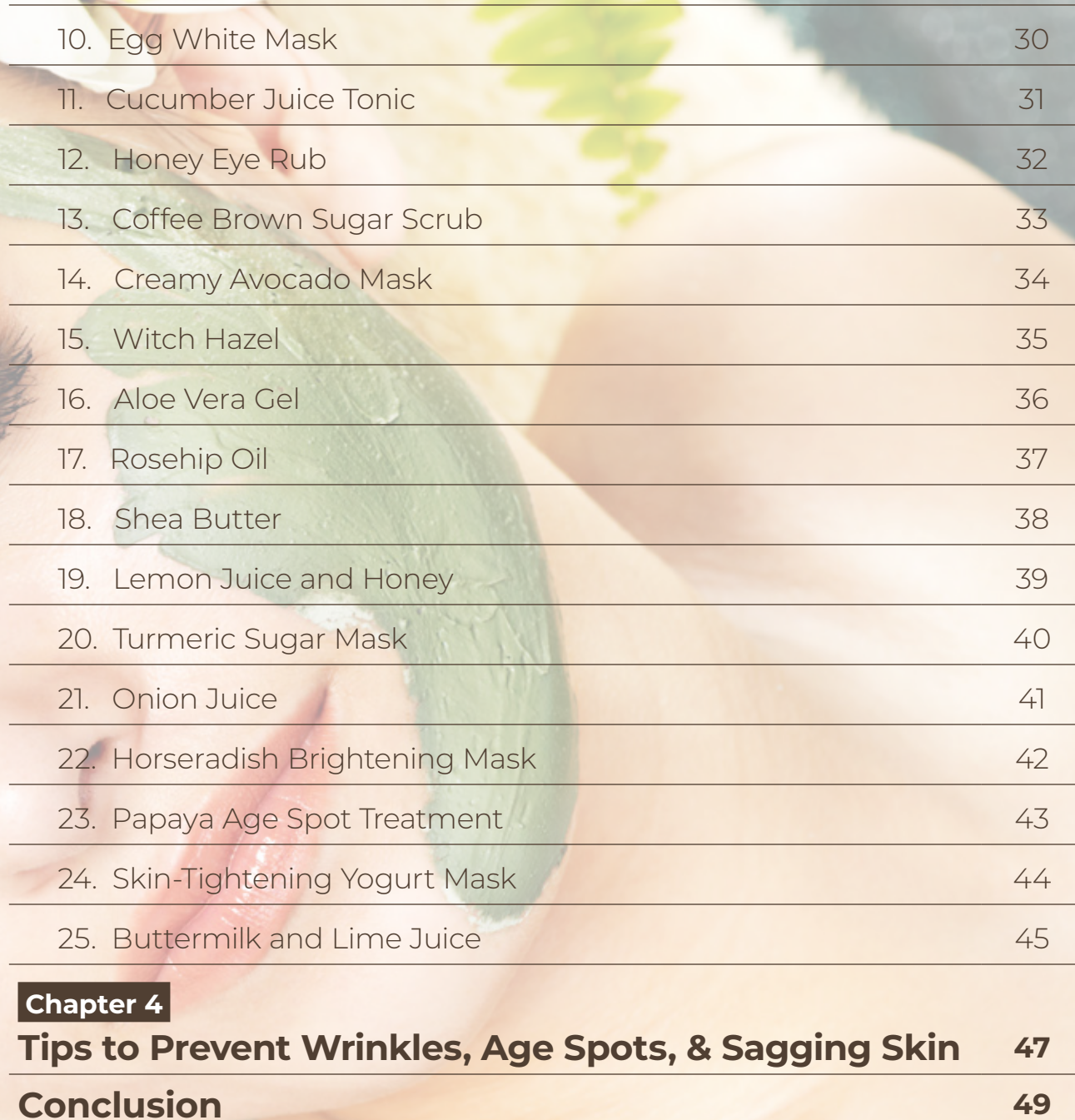
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Introduction

Do you miss the days when you would wake up with your skin looking flawless?

Do you struggle to find a concealer that will cover up those age spots?

Do you feel like you discover a new fine line or wrinkle each and every day?

Unfortunately, aging is a fact of life – the clock keeps ticking away, no matter what you try to do to stop it. The older you get, the more the stress and worries of life seem to wear you down – and you can see it in your skin. While you can't stop your body from getting older, there are certain things you can do to look younger.

Your skin contains two amazing proteins that are designed to keep it firm and supple – they are known as collagen and elastin.



The problem is that your body's production of these proteins slows down over time which leaves you with fine lines, wrinkles, and sagging skin. Your skin may also start overproducing the pigment melanin which contributes to age spots and sun damage. No one wants to deal with that!

If you're looking for a simple recipe for healthy, younger-looking skin, then you've come to the right place. Within these pages, you'll find the secret to younger-looking skin. (Hint: It doesn't involve expensive or invasive medical treatments!)

In this book, you'll learn everything you ever wanted to know about how the aging process affects your skin and what you can do about it. You'll learn the

basics about collagen and elastin as well as the foods you can eat and the habits you can adopt to boost production of these essential proteins.

Most importantly, however, you'll receive 25 home remedies to cure wrinkles, age spots, and sagging skin. These remedies are incredibly easy, and they only require a few simple ingredients that you probably already have at home. Before you know it, your skin will be looking better than it has in years and you'll be feeling great!

So, if you're ready to kiss those wrinkles goodbye and say "Sayonara" to those age spots, simply turn the page and keep reading!



Chapter 1

What Causes Wrinkles? (Hint: It's Not Just Aging!)

When you're young, your skin is naturally smooth and supple. A smile or a frown might wrinkle your brow and cause creases to form at the corners of your mouth, but your skin bounces back almost immediately.

As you get older, your skin loses this ability to bounce back – its elasticity.

For many people, the first visible signs of aging are wrinkles, creases, and expression lines that form on the face. When you smile or frown, those creases tend to stick around a little longer, and they will deepen over time.

But how do you really know whether your skin is losing its elasticity?

Here is a simple test you can take to find out:

1. Place your non-dominant hand flat on a hard surface (like your bathroom countertop), the palm facing down.
2. Using the index finger and thumb on your non-dominant hand, pinch the skin on the back of your hand and hold it for five seconds.
3. Release the skin and count the number of seconds it takes for your skin to return completely to its previous place.



If you're younger than 30, it should only take a second or two for your skin to return to its natural place. For people in their thirties and forties, it might take up to 4 seconds and, for people 45 and over, it can take anywhere from 5 to 15 seconds (or more), depending on your age.

What do these results mean? Keep reading to learn more about the difference between young, healthy skin and aging skin.

How Does Aging Affect Your Skin?

Your skin is the largest organ on your body, and it is made up of several components including water, protein, lipids or fats, and various chemicals and minerals.

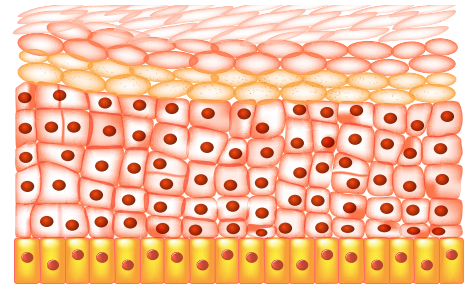
You may not realize it, but your skin is constantly renewing itself. Skin cells from the top layer of skin are always being shed, making room for new growth in the layers below. In fact, your skin regenerates itself completely about every 27 days.¹

Let's take a closer look at the structure of your skin.

The outer layer of skin is called the epidermis. It is the thinnest layer of skin, but it plays the most important role – protecting you from the harsh environment around you.

The epidermis is made up of 5 layers and three different types of cells:

- **Keratinocytes** – These skin cells produce the protein keratin which is the primary component of the epidermis layer.
- **Melanocytes** – This type of cell produces skin pigment, known as melanin.
- **Langerhans Cells** – These cells prevent things from getting into the skin.



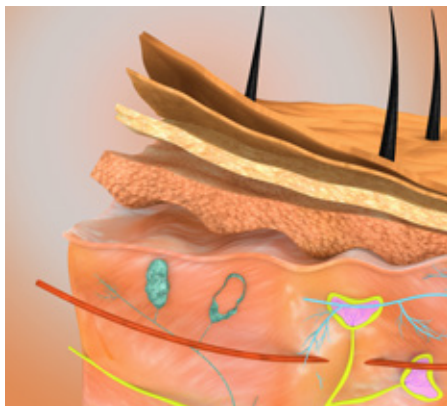
The middle layer of skin is called the dermis, and it is the layer that gives your skin its plumpness and fullness. As age and exposure to UV rays damage this layer of skin, it leads to the development of wrinkles.

The dermis is made up of a complex arrangement of hair follicles, sebaceous (oil) glands, and blood vessels. This is also the layer of skin where you find two essential proteins – collagen and elastin. These proteins provide support and elasticity for your skin. You'll also find fibroblasts in this layer, the cells that produce collagen and elastin, as well as pain and touch receptors.

Below the dermis is the fatty layer of skin, the hypodermis.

The hypodermis is also known as the subcutis, and it is where you find fat and collagen cells as well as your sweat glands. As such, this layer is responsible for conserving your body's heat and for protecting your internal organs. When the tissues in this layer of skin are damaged or degraded by age, it leads to sagging skin.

¹ "Skin." Cleveland Clinic. <<https://my.clevelandclinic.org/health/articles/10978-skin>>



Now, let's take a closer look at the three main proteins found in skin.

Keratin is the primary protein in your skin, and it also makes up your hair and nails. This protein is what forms the rigidity of your skin, supporting the skin's protective barrier. Collagen is the most plentiful protein in the skin, making up about 75% to 80% of your skin on average. Together with elastin, this protein helps maintain skin's elasticity to prevent fine lines and wrinkles.

Over time, and with exposure to certain elements in the environment, your skin changes. The epidermis (outer layer) of skin starts to thin, though the number of skin cell layers doesn't change. The number of melanocytes in your skin does change, however, and they increase in size – this makes your skin look thinner, paler, and more translucent. You may also develop pigmented spots called age spots.

The process of elastosis is another change that affects your skin over time.

Elastosis is characterized by changes to the connective tissues in the skin, causing it to lose some of its strength and elasticity. This is what gives your skin that leathery, weather-beaten appearance that is most noticeable in areas exposed to sun.

Even the blood vessels and oil glands in your skin change with age.

As you get older, the blood vessels housed in the dermis layer become more fragile. This is what leads to bleeding under the skin (called purpura) as well as bruising and the development of cherry angiomas. When the sebaceous glands start to produce less oil, it can result in itching and dryness.

The subcutaneous layer of fat also changes with age, becoming thinner with time. This not only increases your risk of skin injuries, but it also reduces your body's ability to regulate your body temperature (this is why older people always feel cold). On the flip side, your sweat glands also produce less sweat which makes it harder to keep cool.

Changes to this fat layer can also affect the way your body absorbs certain medications because some medicines are absorbed by the fat layer of skin.²

² "Aging Changes in Skin." Medline Plus. <<https://medlineplus.gov/ency/article/004014.htm>>

What Else Causes Wrinkles to Form?

Unfortunately, there is nothing you can do to stop your body from aging. It is inevitable that, over time, your skin will go through some changes.

Here are some of the skin changes you'll notice with age:

- Your skin becomes rougher and dryer
- Your skin may become slack, hanging more loosely on your body
- Your skin becomes more transparent
- Your skin may become more fragile and prone to tearing
- Your skin bruises more easily
- Your skin develops fine lines that deepen into wrinkles
- Your skin may change in tone, developing age spots in sun-exposed areas

But what exactly causes these changes to occur? What is the true underlying reason that your skin wrinkles with age?

It all has to do with the collagen and elastin fibers in your skin.

These protein fibers are responsible for holding the layers of skin together, keeping them strong and properly connected. As you get older, your body produces less of these proteins which is why your skin loses its elasticity over time.

Here are some other factors besides age that contribute to changes in the skin, particularly the development of fine lines, wrinkles, and sagging skin:

1. Sun
2. Pollution
3. Sleep deprivation
4. Stress
5. Sugar
6. Facial expressions
7. Dryness
8. Drinking from a straw
9. Smoking
10. Hormonal changes



Now, let's take a closer look at each of these things and how they contribute to the development of wrinkles and sagging skin.

1. Sun

You shouldn't be surprised to learn that sun exposure is a major factor in changes to your skin. The sun produces ultraviolet (UV) rays which can penetrate through the top two layers of skin, all the way down to the hypodermis. When exposed to UV rays for an extended period of time, the skin actually starts to produce an excessive amount of elastin. The excess elastin then turns around and starts causing collagen to break down which contributes to wrinkles and sagging skin.



Fun Fact: A clinical study published in the journal *Clinical, Cosmetic and Investigational Dermatology* determined that UV rays were responsible for 80% of visible signs of facial aging in a test group of 300 women.³

2. Pollution



Though sun exposure is an obvious risk for skin damage, you may not think about the other risks in your environment such as pollution. The very air you breathe could be contributing to free radical damage in your body and in your skin. Free radicals are tiny, chemically unstable nano-particles that accelerate the aging process by stealing electrons from other atoms – like the atoms in your skin cells.⁴

Fun Fact: According to the results of a 2010 study published in the *Journal of Investigative Dermatology*, women living in urban settings had more wrinkles and age spots over a 24-year period than women living in rural areas.⁵

³ Flament, Frederic. "Effect of the Sun on Visible Clinical Signs of Aging in Caucasian Skin." *Clin Cosmet Investig Dermatol.* 2013; 6: 221-32. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3790843/>>

⁴ Cruel, Jessica. "Here's the Truth About How Pollution is Affecting Your Skin." *Self.* <<https://www.self.com/story/the-effect-of-pollution-free-radicals-on-skin>>

⁵ Vierkotter A. "Airborne Particle Exposure and Extrinsic Skin Aging." *J Invest Dermatol.* 2010 Dec; 130(12): 2719-26. <<https://www.ncbi.nlm.nih.gov/pubmed/20664556>>

3. Sleep Deprivation

Getting a good night's sleep is important if you want to feel your best, but it is also important to help you look your best. When you don't get enough sleep, the pH of your skin actually changes and that affects its ability to stay hydrated. So, lack of sleep can equate to lack of hydration in the skin, increasing the appearance of fine lines and wrinkles. Sleep is also when your body flushes out toxins, so if you don't get the recommended 6 to 8 hours, those toxins could still be hanging out in your skin.



4. Stress



We all live busy and hectic lives, often without realizing the negative impact, it has on our health. Chronic stress leads to elevated cortisol levels in the body – cortisol is a hormone that, in small doses, helps the body cope with acute stress. When you experience long-term, chronic stress, however, your cortisol levels remain abnormally elevated which can affect your skin in several ways. High cortisol levels cause the sebaceous glands to overproduce, leading to more acne breakouts.

It may seem like the opposite might be true, but overactive oil glands can actually cause the skin to dry out which accelerates the aging process.⁶

5. Sugar

A spoonful of sugar in your morning coffee is generally nothing to worry about, but the chances are good that you're eating way more sugar throughout the day than is healthy. You already know the dangers of sugar for unwanted weight gain, but you may not realize the negative effects it has on your skin. As your body process sugar, it goes through a process called glycation in which it binds to various proteins in the body – including collagen and elastin. In this way, sugar actually weakens the collagen and elastin in your skin, increasing the appearance of fine lines and wrinkles.



⁶ Morris, Erma Lee. "How the Stress Hormone Cortisol is Damaging Your Skin." West Lake Dermatology. <<https://www.westlakedermatology.com/blog/how-stress-is-damaging-your-skin/>>

6. Facial Expressions

If you smile into a mirror, you'll notice the creases that form in the corners of your mouth and, if the frown, the deep lines that form on your forehead. Repeated facial expressions and even things like squinting at the computer can result in the formation of wrinkles. Facial expressions are the result of muscle contractions in your face. The more you use your muscles, the stronger they become, and the use of those muscles puts stress on the skin cells. Over time, the skin loses its ability to bounce back, and those wrinkles become permanent.



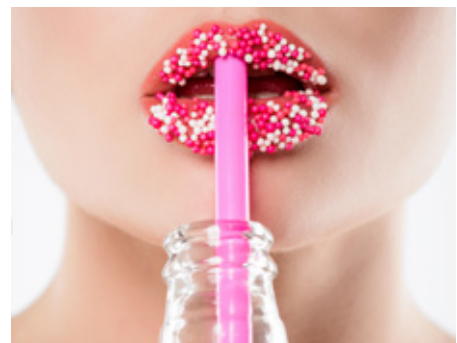
7. Dryness



Dry skin is more than just uncomfortable and itchy – it can actually make you look older. When your skin becomes dehydrated, it loses its ability to hold moisture and to bounce back. The dryer your skin becomes, the more you may notice the appearance of dehydration lines. Chronic dry skin can lead to those lines becoming permanent as wrinkles – this is why daily moisturization is so important.

8. Drinking from a Straw

Using a straw to drink iced tea and iced coffee can help prevent stains, but it can also increase the appearance of wrinkles around your mouth. In the same way that squinting increases the appearance of wrinkles around the eyes, drinking from a straw can cause you to develop wrinkles around the mouth and lips. The more you use a straw, the more the muscles around your lips become developed which makes the wrinkles deeper and more noticeable.



9. Smoking



After exposure to the sun's UV rays, smoking is one of the biggest causes for accelerated aging and wrinkles. The act of holding a cigarette between your lips can cause wrinkles to form at the corners of your mouth, but the nicotine in the cigarettes is what's most damaging. The nicotine in cigarettes causes the blood vessels in your skin to narrow which limits the flow of oxygen-rich blood to your skin. Nicotine and the other chemicals in cigarettes can also damage the collagen and elastin in your skin, causing it to wrinkle and sag.⁷

10. Hormonal changes

Hormones play an essential role in many bodily processes, but changing hormone levels can be very damaging. For example, changing estrogen levels during menopause in women can lead to an acceleration in the aging process. Insufficient levels of estrogen leads to increased oxidative stress, decreased elasticity, dehydration, and increased wrinkling as well as impaired healing.



Fun Fact: According to an article published in the journal *DermatoEndocrinology*, the reduction in estrogen production following menopause results in an acceleration in skin aging, so the administration of estrogen may slow the process of aging.⁸

Now that you have a better understanding of how your skin changes over time, you may be wondering what you can do to stop it.

Unfortunately, you cannot stop the clock on aging. Your skin is going to change over time – that is just a fact. You can, however, take certain steps to keep your skin healthy and youthful-looking. In the next chapter, we'll take a closer look at the roles of collagen and elastin in keeping your skin looking its best and how to increase production of these essential proteins in your skin.

⁷ Morita A. "Tobacco Smoke Causes Premature Skin Aging." *J Dermatol Sci.* 2007 Dec; 48(3): 169-75. <<https://www.ncbi.nlm.nih.gov/pubmed/17951030>>

⁸ Thornton, M. Julie. "Estrogens and Aging Skin." *Dermatoendocrinology.* 2013 April; 5(2): 264-70. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772914/>>

Chapter 2

Boosting Collagen and Elastin in Healthy Skin

Whether you're 32 or 62, you've probably noticed a change in your skin over the years. With each passing year, you've most likely seen fine lines deepen into wrinkles, and you may even have age spots developing.

You can't stop the process of aging, but if you take the time to learn exactly what's going on with your skin, you can start taking steps to slow the process down.

In this chapter, we'll dive deep into the subject of collagen and elastin, exploring how these proteins keep your skin looking youthful and fresh. We'll also talk about some of the things you can do to boost production of these two essential proteins to regain some of your skin's youthful appearance.

What is the Importance of Collagen and Elastin?

In the previous chapter, we talked about the three proteins that are found in your skin – keratin, collagen, and elastin. Collagen and elastin are the two we're going to focus on.

Collagen is a fibrous protein found all over the body – not just in the skin on your face. It helps support your tissues, connecting the skin, bone, muscles, and tendons. Collagen is the protein responsible for skin's firmness while elastin is responsible for giving skin its structure. This is the protein that gives your skin that bounce-back quality.

Together, collagen and elastin give your skin its firmness and shape. As production of these proteins slows with age, your skin starts to wrinkle and sag. After the age of 20, you lose about 1% of your collagen every year.⁹



⁹ Dr. Murad. "Collagen & Elastin: The Skin's 'Youth' Proteins." Dr. Murad. <<http://www.murad.com/blog/collagen-elastin-the-skins-youth-proteins/>>



When you are young, these two proteins are plentiful in your skin.

As you get older, the collagen in your skin starts to become more rigid. Because it helps create the framework that supports your skin, that foundation begins to crumble over time – it caves, forming fine lines that deepen into wrinkles. You'll also find that your wounds heal more slowly and your skin damages more easily.

While the collagen in your skin is changing, your body produces less elastin as well.

If you think of elastin like a rubber band that gives your skin that bounce-back quality, age causes that elastin to become overstretched. If you stretch a rubber band a couple dozen times, it starts to lose the ability to go back to its original shape. This is what happens to the elastin in your skin over time – it loses its resilience which causes your skin to sag around the eyes, jawline, and neck.¹⁰

Now, let's talk about some easy ways to boost collagen and elastin production in the skin to slow these signs of aging.

¹⁰ Ann Marie. "What's the Difference Between Collagen and Elastin?" Ann Marie Skin Care. <<https://www.annmariegianni.com/whats-the-difference-between-collagen-and-elastin/>>

How to Boost Collagen and Elastin Production in the Skin

Before we talk about how to improve collagen and elastin production in the skin, you should understand the basics about how collagen is made.

The process of collagen synthesis starts with procollagen – a precursor to collagen that is created when the amino acids proline and glycine are combined. With the help of Vitamin C and copper, procollagen combines with any of the 17 amino acids (except for proline, glycine, and hydroxyproline) to synthesize collagen.

In terms of its actual structure, collagen is similar to a thick rope made up of numerous fibers with various minerals spread throughout the structure. Collagen fibers are known as fibrils, and they are made up of myriad smaller threads that combine in string-like structures called triple helices. The amino acid glycine is particularly essential to the structure of collagen because, as the smallest amino acid, it makes collagen fibers tight and strong.

Collagen synthesis is a complex, multi-stage process. We won't delve too deep into the details, but here's a quick overview of the stages in that process:¹¹



¹¹ "Collagen Synthesis." Naked Nutrition. <<http://blog.nkdnutrition.com/collagen-synthesis/>>

1. Transcription of mRNA to create individual chains of amino acids.
2. Translation by mRNA and ribosomes into a pre-pro-polypeptide chain.
3. Post-translational processing in which three chains are twisted together into a triple helix which is then twisted in the opposite direction of each stand to enhance the strength of the chain.
4. Final intracellular processing of the structure now known as procollagen.
5. Collagen peptidase enzymes remove peptides from the ends of the procollagen molecule, transforming it into tropocollagen.
6. Lysyl oxidase enzymes bond multiple tropocollagen molecules together into the final product, a collagen fibril (this is known as collagen fibril synthesis).



Though the process of collagen synthesis is complicated, your body already knows how to do it. Collagen production happens whether you know it or not, but that doesn't mean there aren't things you can do to give your body a little boost.

The best thing you can do to support collagen production is to eat the right foods.

High-quality protein is the key to boosting collagen production, so include plenty of meat, poultry, seafood, and dairy in your diet. If you prefer to follow a meat-free diet, there are plenty of plant-based proteins as well. Things like beans, legumes, and tofu are generally rich in protein.

Protein provides the foundation for collagen synthesis, but there are some other nutrients which support the process as well:

- **Proline** – found in dairy, egg whites, asparagus, mushrooms, cabbage
- **Glycine** – found in gelatin, pork skin, and chicken skin
- **Vitamin C** – found in berries, citrus fruits, and bell peppers
- **Copper** – found in nuts, seeds, legumes, and organ meats
- **Sulfur** – found in seafood, organ meats, nuts, dairy, cabbage, and garlic
- **Lycopene** – found in red veggies like beets, tomatoes, and red peppers
- **Antioxidants** – like dark, leafy greens like spinach and kale



Not only should you be focusing on nutrients that will support collagen synthesis, but you should also think about certain foods and habits that might impede the process.

In the same way that certain foods can support collagen synthesis, other foods can destroy collagen or impede its function. Refined sugars and processed carbohydrates are particularly bad for collagen production. If you think back to the previous chapter, you'll remember how sugar binds to collagen and elastin, weakening it and your skin in the process. So, keep an eye out for added sugar in the food you eat.

Poor dietary habits can destroy collagen, but so can unhealthy lifestyle habits like overconsumption of alcohol, using tobacco products, and prolonged exposure to ultraviolet radiation.

Aside from diet and lifestyle factors that affect collagen and elastin production, you may come across beauty products that claim to boost collagen in the skin.

Be wary of these products because, for many of them, the collagen molecule doesn't actually penetrate the skin – it just sits on the surface of it. The only collagen creams and beauty products that are likely to provide any true benefit are those in which the collagen amino acids are small enough to penetrate through the top layer of the dermis and into the lower layer of skin to produce the desired plumping effect.

What About Anti-Aging Skin Treatments?

If you're already noticing deep wrinkles, age spots, or sagging skin on your face, you may be wondering if there are any treatments available. A quick search online will reveal a wide variety of options ranging from injectable treatments to laser procedures. Anti-aging skin treatments are somewhat new, but many of them are tested and scientifically proven to reduce the signs of aging.

The best way to learn about anti-aging skin treatments is to speak to a dermatologist or plastic surgeon. Though many anti-aging skin treatments are non-invasive or minimally invasive, they should only be administered by a trained (and licensed) professional. Your doctor will be able to answer your questions about different treatments and provide a recommendation for which one might work best for you.

Just to give you an idea of what options are out there, here is a quick overview of popular anti-aging skin treatments:¹²

1. Dermal Fillers
2. Muscle Relaxers
3. Chemical Peels
4. Dermarolling
5. Microdermabrasion
6. Laser Skin Treatments

Now, let's take a closer look at each of these treatments.

1. Dermal Fillers

If you're looking for a skin treatment that offers immediate results, dermal fillers are an option. Dermal fillers are an injectable treatment that can be used to quickly reduce the appearance of fine lines and wrinkles. Collagen was originally used in this type of treatment, but now hyaluronic acid is more popular – it actually boosts the skin's own production of collagen for a permanent anti-aging effect.



¹² "Best Non-Surgical Anti-Aging Treatments for 2019." Explore Biotech.
<<https://explorebiotech.com/best-anti-aging-treatments/>

2. Muscle Relaxers



When you think of anti-aging skin treatments, you probably think of Botox which is a muscle relaxer. Botulinum toxin or Botox temporarily paralyzes the muscles in your face, giving the skin a smoother appearance. These treatments don't actually improve the tone or texture of your skin, but it can reduce the appearance of wrinkles.

3. Chemical Peels

Exfoliation is the process of removing the top layer of skin, allowing a new layer of healthy skin to grow in its place. A chemical peel is an exfoliating chemical applied directly to the skin which causes it to blister, allowing dead skin cells to slough off. In high concentrations, these chemicals can actually recreate the effects of a skin wound, stimulating the healing process which includes collagen production. The resulting new skin is tighter and more even – this is why chemical peels are popular to reduce the appearance of fine lines, scars, sun damage, and age spots.



4. Dermarolling



This treatment is designed to boost collagen production in the skin. The treatment involves rolling a device covered in dozens of tiny needles over the surface of the skin, causing myriad micro-tears. These wounds cause the body to boost collagen production in that area to facilitate healing, and the result is a firmer appearance in the skin after it has properly healed from the treatment.

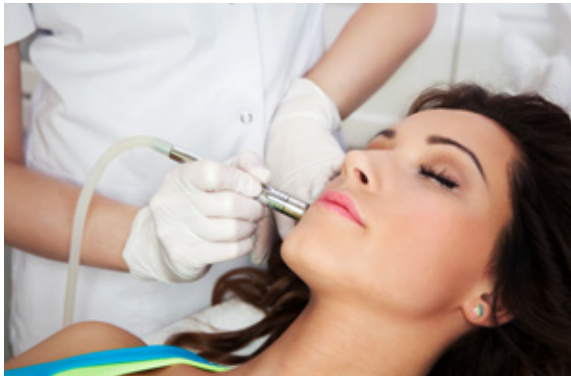
5. Microdermabrasion

In the same way that a chemical peel exfoliates the top layer of skin using chemicals, microdermabrasion physically sands away the top layer of skin using products made up of very fine crystals. This treatment helps reduce the appearance of fine lines and wrinkles to improve the texture of skin, though the results are less dramatic than they are with chemical peels.



6. Laser Skin Treatments

This form of anti-aging treatment produces a similar result to things like microdermabrasion and chemical peels, stimulating the production of collagen in the skin. The benefit of laser treatments is that you can penetrate into the deeper layers of skin and it is easier to target larger areas.



Though these anti-aging skin treatments may work to boost collagen production and reduce the appearance of wrinkles, they are not without their risks. Any time you break the skin, you open yourself up to a risk for infection – you need to decide whether the potential benefits of surgical anti-aging treatments are worth that risk.

If you're looking for a safer, more natural alternative to these anti-aging treatments, you're in luck!

In the next chapter, you'll find a collection of kitchen remedies to boost collagen and elastin production, to reduce the appearance of fine lines and wrinkles, and to firm sagging skin. Keep reading!

Chapter 3

Kitchen Remedies for Wrinkles and Sagging Skin

Anti-aging skin treatments can cost hundreds or even thousands of dollars. Add to that the time it takes to go through the consultation and scheduling process, not to mention recovery, and you could be looking at weeks spent on a treatment that may or may not give you the results you're looking for.

If you're looking for an easy, effective way to reduce the appearance of fine lines, wrinkles, age spots, and sagging skin, you've found it!

In this chapter, we'll cover a wide variety of kitchen remedies for all of the most common signs of aging. Many of these remedies require nothing more than a few simple ingredients you probably already have on hand. Best of all, you don't need a doctor's referral or a prescription!

So, if you're ready to start restoring the youthful vitality of your skin to look better than you have in years, just try one of these remedies for yourself!



Remedies Included in this Book:

Circular Facial Massage
Tapping Facial Massage
Easy Coconut Oil Massage
Grape Seed Extract
Argan Oil
Castor Oil
Vaseline
Vitamin E Oil
Apple Cider Vinegar
Egg White Mask
Cucumber Juice Tonic
Honey Eye Rub
Coffee Brown Sugar Scrub
Creamy Avocado Mask
Witch Hazel
Rosehip Oil
Shea Butter
Lemon Juice and Honey
Turmeric Sugar Mask
Onion Juice
Horseradish Brightening Mask
Papaya Age Spot Treatment
Skin-Tightening Yogurt Mask
Buttermilk and Lime Juice



1. Circular Facial Massage

What You Need:

- Gentle cleanser
- Moisturizer

What to Do:

1. Wash your face using a gentle cleanser then pat dry.
2. Apply a thin layer of your preferred moisturizer to your face.
3. Place the tips of your middle and ring fingers on your chin.
4. Moving your fingers in gentle circular motions, massage your skin.
5. Massage along the jawline before moving up onto the cheeks and up along the hairline and forehead.
6. Pay special attention to parts of the face where you've already started to develop fine lines or wrinkles.
7. Plan to spend about 15 to 20 minutes massaging your face, so work slowly, always stroking in an upward rather than downward motion.

How Often to Do It:

Once a day, ideally first thing in the morning

Why Does It Work?

Circulation is reduced while you sleep, so starting your morning with a facial massage can help relieve puffiness and wake up your skin to reduce the appearance of wrinkles. If you can't get the hang of the circular motion, try massaging your face in larger, upward strokes.

2. Tapping Facial Massage

What You Need:

- Gentle cleanser
- Moisturizer

What to Do:

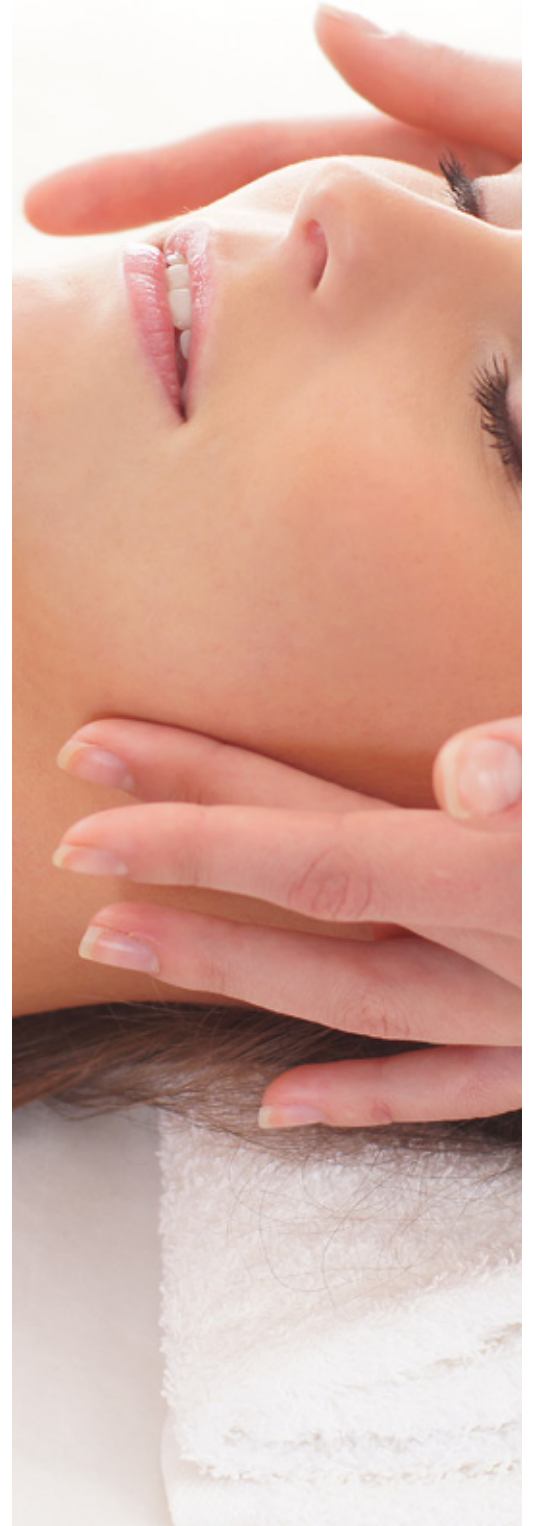
1. Wash your face using a gentle cleanser then pat dry.
2. Apply a thin layer of your preferred moisturizer to your face.
3. Place the tips of your fingers in the middle of your forehead.
4. Lightly tap the skin, moving your fingers along the hairline and down the sides of your face on either side.
5. Move your fingers across the entire face, gently tapping as you go – plan to spend about 5 minutes on the massage.

How Often to Do It:

Once a day, ideally first thing in the morning

Why Does It Work?

The tapping movement helps stimulate blood flow to the face and helps purify the skin by flushing away toxins.





3. Easy Coconut Oil Massage

What You Need:

- Organic, cold-pressed coconut oil

What to Do:

1. Apply a small amount of coconut oil to the skin under your eyes.
2. Using the tips of your fingers, massage the oil into your skin in gentle, circular motions for a few minutes.
3. Let the coconut oil soak in overnight before cleansing.
4. Apply to other areas of dry skin as needed.

How Often to Do It:

Once daily at night (before you go to bed)

Why Does It Work?

Coconut oil contains healthy fats that will moisturize and hydrate your skin, helping to reduce the appearance of fine lines and wrinkles. It also gives your skin a healthy, youthful glow while improving its natural elasticity.

4. Grape Seed Extract

What You Need:

- Cotton ball or pad
- Pure grape seed extract (or grapeseed oil)

What to Do:

1. Apply a few drops of pure grape seed extract to a cotton ball.
2. Dab the cotton ball over the affected area.
3. Using the tips of your fingers, massage the extract into your skin for at least 60 seconds.
4. Let the extract sit on your skin for at least an hour up to overnight.
5. Clean your skin using a gentle cleanser and apply moisturizer.

How Often to Do It:

Two to three times per week up to once a day

Why Does It Work?

With its natural antioxidant properties, grape seed extract helps restore skin's natural elasticity to reduce the appearance of fine lines and wrinkles.





5. Castor Oil

What You Need:

- Pure castor oil
- Cotton ball or pad

What to Do:

1. Apply a few drops of castor oil to a clean cotton ball.
2. Pat the oil onto your skin on the affected areas.
3. Let the oil soak into your skin and remain overnight.
4. Cleanse your skin in the morning and apply moisturizer.

How Often to Do It:

Once daily at night (before you go to bed)

Why Does It Work?

Though commonly used in hair growth remedies, castor oil also has benefits for your skin. It enhances elastin and collagen production in the skin, resulting in a diminished appearance for fine lines and wrinkles over time.

6. Argan Oil

What You Need:

- Pure argan oil
- Cotton ball or pad

What to Do:

1. Apply a few drops of argan oil to a clean cotton ball.
2. Pat the oil onto your skin on the affected areas.
3. Let the oil soak into your skin and remain for a few hours.
4. Cleanse your skin and apply moisturizer.

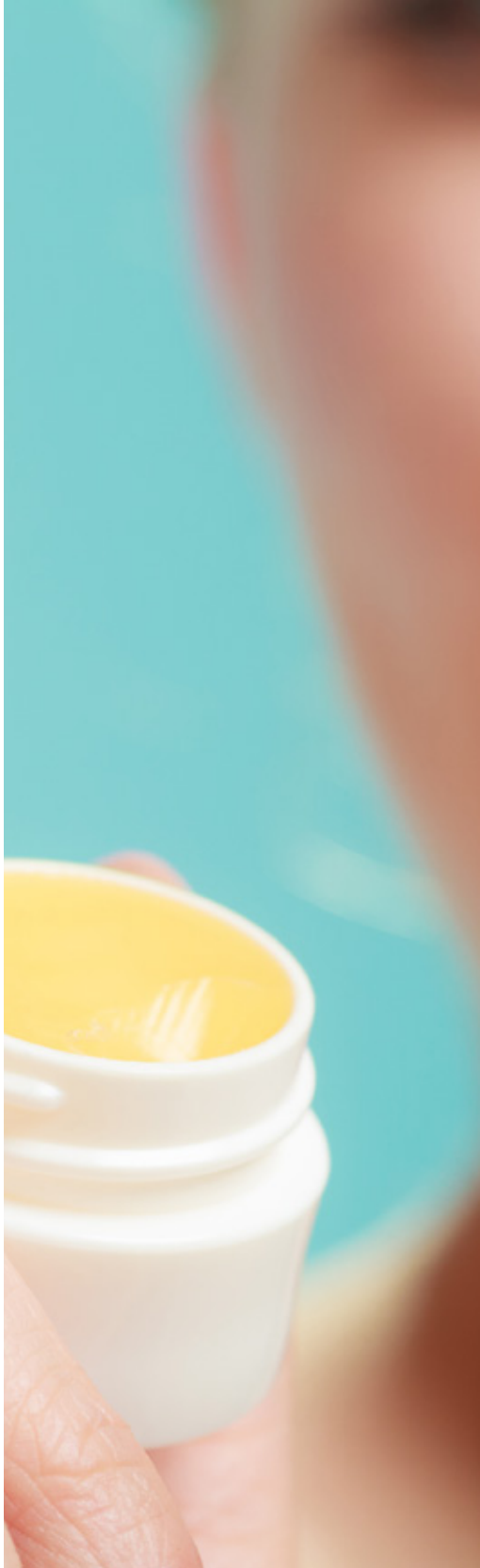
How Often to Do It:

Once or twice daily

Why Does It Work?

Similar to castor oil, argan oil is another skin- and hair-supporting oil that is absorbed easily by the skin. It is rich in Vitamin E and essential fatty acids that help moisturize and replenish skin. Using it regularly will result in the reduced appearance of fine lines and wrinkles.





7. Vaseline

What You Need:

- Vaseline or petroleum jelly

What to Do:

1. Apply a very thin layer of Vaseline to the affected area.
2. Massage the Vaseline into the skin for at least 2 to 3 minutes, so it is fully absorbed.
3. Leave on overnight then cleanse and moisturize as usual.

How Often to Do It:

Once daily (ideally at night before bed)

Why Does It Work?

Petroleum jelly is an occlusive agent which means that it actually locks in moisture. As long as it is properly absorbed into the skin, it will diminish the appearance of fine lines and wrinkles over time. To avoid triggering an acne outbreak, make sure you only apply a thin layer and do not use if you have acne-prone skin.

8. Vitamin E Oil

What You Need:

- Vitamin E capsules

What to Do:

1. With clean hands, open the Vitamin E capsules and empty into a small bowl.
2. Apply a few drops of the Vitamin E oil to a clean cotton ball.
3. Pat the oil onto your skin on the affected areas.
4. Let the oil soak into your skin and remain overnight.
5. Cleanse your skin in the morning and apply moisturizer.

How Often to Do It:

Once daily (ideally at night before bed)

Why Does It Work?

Rich in essential fatty acids and antioxidants, Vitamin E is a skin-supporting nutrient. This vitamin will refresh and moisturize the skin to reduce the appearance of fine lines and wrinkles. It also has natural anti-inflammatory and photoprotective qualities.





9. Apple Cider Vinegar

What You Need:

- 1 tablespoon organic apple cider vinegar
- 1 tablespoon organic honey

What to Do:

1. Cleanse your skin then pat it dry.
2. Stir together the apple cider vinegar and honey in a small bowl.
3. Smooth the mixture over the skin on your face and neck.
4. Leave it on for 15 to 20 minutes.
5. Rinse with lukewarm water then gently pat your skin dry.
6. Apply your preferred daytime moisturizer.

How Often to Do It:

Twice per week (ideally in the morning)

Why Does It Work?

A natural remedy for a wide variety of problems, apple cider vinegar has natural pH-balancing properties which can help improve the condition of your skin. Apple cider vinegar also contains alpha hydroxy acids which help lighten age spots and sun spots. Combined with the healing properties of honey, this remedy will give your skin a youthful glow.

10. Egg White Mask

What You Need:

- 1 large egg white
- 1 teaspoon fresh lemon juice
- 1 teaspoon organic honey

What to Do:

1. Whisk together the egg white, lemon juice, and honey in a small bowl.
2. Keep whisking until the mixture is frothy, about 1 minute.
3. Apply the mixture to your skin with clean hands or a brush.
4. Let it sit for 15 to 20 minutes – you should feel your skin start to tighten.
5. Rinse your skin with lukewarm water and pat dry.
6. Apply your preferred daytime moisturizer.

How Often to Do It:

Once or twice per week

Why Does It Work?

In addition to being all-natural and gentle on your skin, egg whites will naturally tighten your skin to reduce the appearance of fine lines. It is also beneficial for people with oily skin types because it helps absorb excess sebum and unclogs pores.





11. Cucumber Juice Tonic

What You Need:

- 1 seedless cucumber

What to Do:

1. Cut the cucumber in half lengthwise and scoop out the seeds.
2. Grate the rest of the cucumber and spread on a clean towel.
3. Squeeze the towel to wring out as much cucumber juice as you can.
4. Cleanse your skin and pat it dry.
5. Apply the cucumber juice to your skin and let it dry.
6. Rinse with lukewarm water then moisturize as desired.

How Often to Do It:

Once per day

Why Does It Work?

Cucumber is 95% water (plus essential vitamins and minerals), so it helps soothe and hydrate your skin to reduce the appearance of fine lines and wrinkles. It can also help reduce the appearance of dark circles.

12. Honey Eye Rub

What You Need:

- Organic honey, as needed

What to Do:

1. Cleanse your skin and pat it dry.
2. Apply a small amount of honey in a thin layer on your face.
3. Massage the honey into your skin in gentle circular motions for 60 seconds.
4. Let the honey soak in for 30 minutes.
5. Rinse with lukewarm water then moisturize as desired.

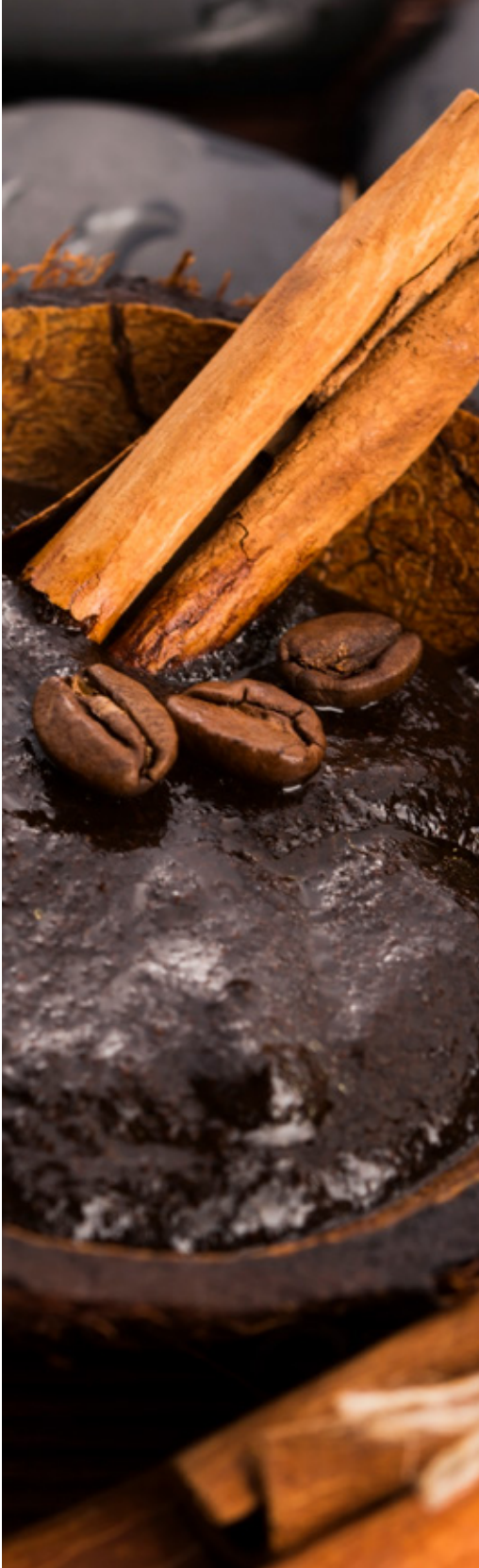
How Often to Do It:

Once per day

Why Does It Work?

On top of fine lines and creases, your eyes can develop dark circles and other tell-tale signs of age. Honey helps balance the pH in the sensitive skin around your eyes to brighten the skin and reduce the appearance of fine lines and wrinkles.





13. Coffee Brown Sugar Scrub

What You Need:

- ¼ cup fresh coffee grounds
- ¼ cup brown sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons organic coconut oil

What to Do:

1. Combine the ingredients in a medium bowl and stir well.
2. Apply the mixture to your face, neck, and chest.
3. Massage the mixture gently into your skin by hand for 3 minutes.
4. Rinse with lukewarm water then pat your skin dry.

How Often to Do It:

Once or twice a week

Why Does It Work?

Not only can a cup of coffee wake up your mind, but it can also wake up your skin. Coffee is rich in antioxidants that, when combined with brown sugar, acts as an exfoliant to scrub away dead skin cells. The coconut oil in this recipe moisturizes the healthy skin revealed beneath for an overall hydrating and skin-tightening effect.

14. Creamy Avocado Mask

What You Need:

- 1 medium avocado

What to Do:

1. Cut the avocado in half and discard the pit.
2. Spoon the avocado flesh into a bowl.
3. Mash the avocado until smooth.
4. Apply a generous layer of avocado to your skin.
5. Let the avocado soak for 20 to 30 minutes.
6. Shower to wash away the avocado then moisturize as desired.

How Often to Do It:

Once or twice weekly

Why Does It Work?

Avocado is rich in healthy fats which will help moisturize dry, wrinkled skin. When used regularly, avocado can give your skin a natural radiance and glow.





15. Witch Hazel

What You Need:

- Witch hazel
- Cotton ball or pad

What to Do:

1. Cleanse your skin and pat dry.
2. Soak a cotton ball in witch hazel and pat it liberally onto your face, neck, and chest.
3. Let the witch hazel dry for 5 minutes – do not rinse.
4. For added benefits, apply a second application after the first has dried.

How Often to Do It:

Once daily (ideally at night before bed)

Why Does It Work?

A natural astringent, witch hazel helps shrink your pores and tighten sagging skin. It also helps to slow the breakdown of collagen and elastin in the skin, reducing the appearance of fine lines and wrinkles over time.

16. Aloe Vera Gel

What You Need:

- 1 tablespoon aloe vera gel
- 1 large egg white

What to Do:

1. Stir together the aloe vera and egg white in a small bowl.
2. Cleanse your face and pat dry.
3. Apply the gel mixture and massage it into your face.
4. Let sit for 30 minutes then rinse and moisturize as desired.

How Often to Do It:

Once or twice a week

Why Does It Work?

Aloe vera gel is often used to soothe sunburned skin, but it can also moisturize the skin to reduce the appearance of wrinkles. This gel is rich in vitamin E and works well in combination with egg whites to smooth and tighten skin.





17. Rosehip Oil

What You Need:

- Rosehip oil
- Cotton ball or pad

What to Do:

1. Apply a few drops of rosehip oil to a cotton ball.
2. Dab the oil onto your skin and gently massage it in.
3. Leave the oil on overnight then cleanse and moisturize in the morning.

How Often to Do It:

Once daily (ideally at night before bed)

Why Does It Work?

This treatment is ideal for deep wrinkles because it penetrates into the lower layers of skin to banish wrinkles – it also reduces the appearance of scars. Rosehip oil is rich in vitamin E, vitamin A, and essential fatty acids.

18. Shea Butter

What You Need:

- Organic shea butter

What to Do:

1. Apply a small amount of shea butter to clean skin.
2. Massage the shea butter into your skin in circular motions.
3. Let the shea butter absorb into your skin and dry.

How Often to Do It:

Once daily (ideally after a shower)

Why Does It Work?

An all-natural moisturizer, shea butter hydrates the skin while also promoting collagen synthesis. This treatment is best applied right after taking a shower to lock in skin's moisture, reducing the appearance of fine lines and wrinkles.





19. Lemon Juice and Honey

What You Need:

- Fresh lemon juice
- Organic honey

What to Do:

1. Stir together equal parts lemon juice and honey in a small bowl.
2. Apply the mixture to the face and neck, massaging it in gently.
3. Let dry for 10 minutes then rinse with lukewarm water.
4. Pat your face dry and moisturize as desired.

How Often to Do It:

Twice per week

Why Does It Work?

Lemon juice is rich in vitamin C which boosts collagen production in the skin. Combined with the healing properties of honey, this treatment can reduce the appearance of fine lines and wrinkles while also tightening sagging skin.

20. Turmeric Sugar Mask

What You Need:

- 1 tablespoon ground turmeric
- 1 to 2 tablespoons sugarcane juice

What to Do:

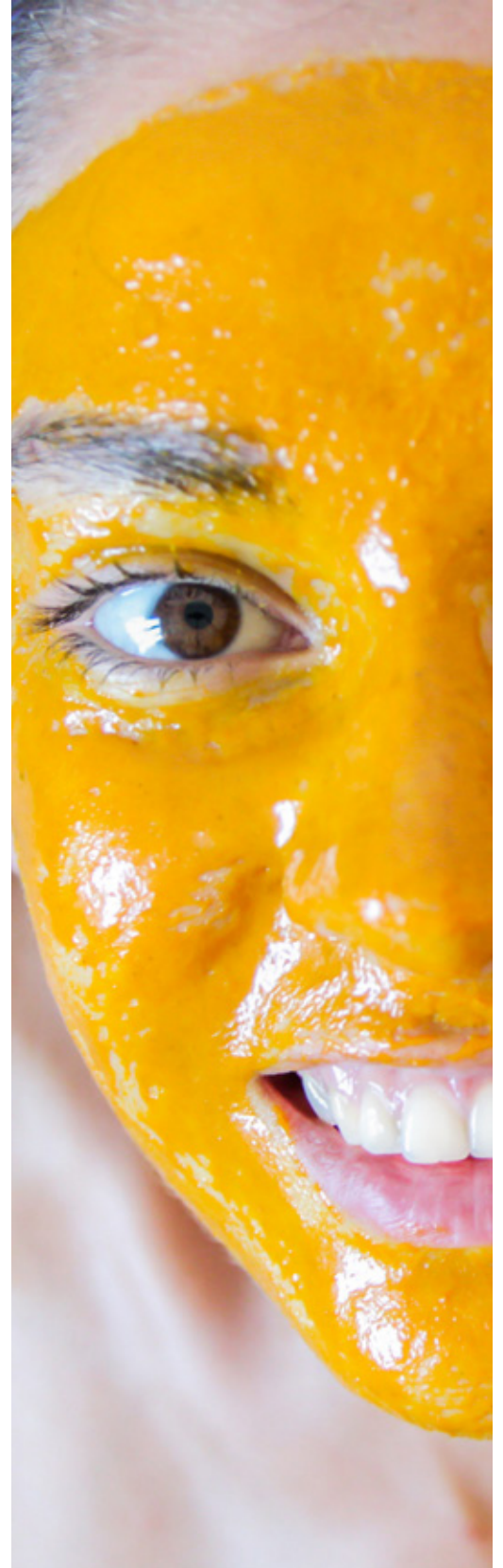
1. Stir together the turmeric and sugarcane juice to make a paste.
2. Dampen your face with lukewarm water then apply the paste.
3. Massage the paste gently into your skin in circular motions.
4. Leave the mask on for 10 to 12 minutes then rinse with lukewarm water.

How Often to Do It:

Once or twice a week

Why Does It Work?

Known for its healing properties, turmeric can also help tighten sagging skin. Sugarcane is a natural exfoliant, helping remove dead skin cells while the turmeric heals and tightens the newly revealed layer of skin.





21. Onion Juice

What You Need:

- 1 small onion
- 2 tablespoons organic honey

What to Do:

1. Dice the onions and mash them until you have 1 tablespoon of juice.
2. Stir in 2 tablespoons of honey until well combined.
3. Smooth the mixture over clean skin and let sit for 15 minutes.
4. Thoroughly rinse and moisturize as desired.

How Often to Do It:

Once or twice daily

Why Does It Work?

Though it may not smell nice, onion juice is rich in sulfuric compounds which facilitate natural exfoliation and support collagen synthesis. Combined with honey, onion juice can be used as a skin mask to brighten age spots and hydrate the skin.

22. Horseradish Brightening Mask

What You Need:

- Fresh horseradish root

What to Do:

1. Grate the horseradish root into a bowl.
2. Mash the mixture into a paste then apply to clean skin.
3. Let it sit for 15 to 20 minutes.
4. Rinse with lukewarm water and moisturize as desired.

How Often to Do It:

Two to three times per week

Why Does It Work?

Horseradish is rich in Vitamin C which helps slow the production of melanin, the pigment responsible for age spots and sun spots. It also contains glucosinolates which boost circulation and flush toxins from the body, helping smooth lines and wrinkles.





23. Papaya Age Spot Treatment

What You Need:

- 1 fresh papaya

What to Do:

1. Cut the papaya in half and remove the seeds.
2. Slice away the rind and chop the flesh of the fruit.
3. Place the papaya in a bowl and mash into a pulp.
4. Apply the pulp to your age spots and let soak for 15 minutes.
5. Rinse with lukewarm water and moisturize as desired.

How Often to Do It:

Once daily

Why Does It Work?

Papaya contains a number of natural enzymes as well as alpha hydroxy acids that act as natural exfoliants to remove dead skin cells and brighten age spots. It also gives your skin a brighter, cleaner look overall. Just be careful to do a test patch first unless you are already sure you aren't allergic to papaya.

24. Skin-Tightening Yogurt Mask

What You Need:

- 2 tablespoons plain yogurt
- Fresh lime juice

What to Do:

1. Stir a few drops of lime juice into the yogurt.
2. Apply the yogurt to clean skin on your face, neck, and chest.
3. Massage the yogurt into your skin for 10 minutes.
4. Let the mask sit for 5 minutes.
5. Rinse with lukewarm water and moisturize as desired.

How Often to Do It:

Twice per week

Why Does It Work?

Like most dairy products, yogurt contains lactic acid which shrinks your pores and helps tighten sagging skin. Just be sure to choose a natural yogurt product that doesn't contain a lot of added sugars or artificial ingredients.





25. Buttermilk and Lime Juice

What You Need:

- Fresh buttermilk
- Fresh lime juice

What to Do:

1. Mix a teaspoon or so of fresh lime juice with 2 tablespoons buttermilk.
2. Soak a cotton ball in the mixture and apply to clean skin.
3. Soak for 20 minutes then rinse with lukewarm water.
4. Moisturize your skin as desired.

How Often to Do It:

Once daily

Why Does It Work?

Buttermilk contains lactic acid which naturally brightens skin to reduce the appearance of age spots. Lime juice can help if you have oily or acne-prone skin. Otherwise, buttermilk on its own is very gentle and beneficial for skin.



Chapter 4

Tips to Prevent Wrinkles, Age Spots, & Sagging Skin

By now you have a thorough understanding of the aging process and how it affects your skin. While you can't prevent aging from happening, there are certain things you can do to slow the signs of aging – to reduce the appearance of fine lines, wrinkles, age spots, and sagging skin.

Here are some simple tips to keep your skin looking youthful:

- **Protect your skin from sun exposure.** When you go outside during the day, be sure to wear a hat to protect the skin on your face as well as long sleeves and pants. At the very least, try to stay inside when the sun is highest in the sky.
- **Wear an SPF moisturizer.** Even during the winter, you need to protect your skin from UV rays so consider switching to a daily SPF moisturizer.



- **Quit using tobacco products.** The longer you smoke, the more it will affect your skin and your skin may never completely recover, even after you quit. The sooner you quit smoking, the better.
- **Moderate your alcohol consumption.** Drinking alcohol dehydrates your skin which can increase the appearance of fine lines and wrinkles.
- **Get at least 7 hours of sleep at night.** Sleep deprivation can not only make you feel awful, but it can make your skin dry and wrinkled. Aim for at least 7 hours of sleep per night.
- **Make relaxation and stress relief a priority.** Even if it feels like you don't have a moment to spare, it pays to take time out of each day to relax and relieve stress. Not only will you feel better, but it will help reduce your cortisol levels for healthier, more youthful-looking skin.
- **Follow a healthy and balanced diet.** A healthy diet is the key to good health overall and for good skin as well. You don't have to obsess about eating more skin-supporting nutrients but go for a balance of healthy, whole foods.
- **Exercise on a regular basis.** Regular exercise is the key to strengthening your muscles which can help with sagging skin – it also increases circulation which supports collagen production as well.
- **Invest in a good moisturizer.** Keeping your skin healthy and hydrated is the key to reducing the signs of aging. Choose a moisturizer that will absorb into your skin rather than sitting on top where it might clog your pores.
- **Choose the right beauty products for your skin type.** If you have oily skin, avoid products that will sit heavy on your skin. For dry skin, make moisturizing a priority. If you're not sure what skin type you have, see a dermatologist.



There is no miracle cure for staying young but following a healthy diet and active lifestyle will help you look and feel your best now and into the future. You only live once, but your skin may end up looking like you've lived several lifetimes if you don't start taking better care of it now.

Conclusion

Though you cannot stop the clock on aging, you don't have to resign yourself to a lifetime of wrinkles, sagging skin, and age spots.

The key to healthy, younger-looking skin is easier than you think, and it isn't some expensive or invasive medical treatment. All you have to do is support your skin's natural ability to produce collagen and elastin! With a handful of simple ingredients you probably already have at home, you can hydrate and tighten your skin, giving it a youthful and natural glow.

Time wears away at all of us – especially at our skin.





When you throw in additional factors like sun exposure, pollution, and stress, your skin is put through the wringer on a daily basis. Learning how to take better care of your body and your skin is Step 1, but the natural home remedies provided in this book are Step 2 if you want younger, healthier-looking skin!

You should be proud of who you are – and that includes being comfortable in your own skin. But there's nothing wrong with wanting to shave a few years off your appearance.

If you're ready to kiss your wrinkles goodbye, just pick one of the kitchen remedies provided in this book and give it a try. Younger, healthier-looking skin awaits!

Best of luck!

KITCHEN REMEDIES FOR WRINKLES, DARK SPOTS, AND SAGGING SKIN