

How to get healthy skin

We all dream of having gorgeous, goddess-like glowing healthy skin but many of us have no idea how to achieve that 'lit-from-within' look. With so many skincare products, beauty powders and vitamins out there, it's no wonder we're feeling overwhelmed when it comes to having a glowing complexion. We share some tips and tricks for healthy skin and what you can do to get that radiant complexion you desire!



Develop your own skincare routine

Whether your current skincare routine consists of splashing water on your face every now and then, or consists of twenty different products that you're not really sure are actually working, it's time to get serious about your routine. If you're changing your products and trying something new every week in order to see results, this can actually be doing more harm than good. It's important you give your skin enough time to adjust to new products so that you do start seeing results. We suggest using new skincare products for three months in order to give them enough time to improve your skin. The same goes for your whole routine – sticking to the same skincare routine for enough time will go a long way in helping you to achieve healthy and glowing skin.

Get amongst the best glowing skin secrets

When developing a skincare routine, there's no need to overcomplicate things! We recommend washing your face with a gentle cleanser, such as the Maaemo Purifying Gel Cleanser, twice a day to keep your skin clean and free of dirt and oil build up. Follow up with a toner to balance the skin and then rehydrate with a moisturiser and eye cream. We love the Maaemo Hydrating Face Cream to boost the skin's hydration and collagen production. It's also important to apply an SPF in the morning to protect your face. At night, we like to add a serum or elixir into our routine to help perfect our skin and give it that radiant glow. The Maaemo Vitalise Face Elixir is a beautiful product for smooth and dewy skin! We also like to use an exfoliant two to three times per week to remove dead skin and give us a healthy glow.

Drink water as part of your skincare routine

The connection between [what you eat and your skin health](#) is only becoming more and more recognised as being an important part of your skin journey. You can use all of the creams and serums in the world but if your diet is poor, you'll never be able to have the bright, healthy skin you're after. One of the most important factors to look at is your water intake. Making sure you are hydrated from the inside out is so important and, often, dry skin is the result of poor water intake. Drinking at least one to three litres per day will go a long way to keeping your skin looking plump and supple. But like any diet, [studies show not to over consume](#) and to ensure you gain other vital nutrients too.



Enjoy a healthy skin diet

We all know how important it is to eat a healthy diet and including plenty of fruits and vegetables will really help to improve the appearance of your skin. Leafy greens in particular are great for skin health as well as blueberries, which are full of antioxidants (your skin will love these!). It's also becoming more widely known that [healthy fats are a fantastic way to boost your skin's health](#) and luminosity. Including foods such as avocado, nuts and olive oil in your diet are a great way to increase your healthy fats. Salmon is another one of our favourite glowing skin foods as it is rich in omega-3 fatty acids – a powerful anti-inflammatory and skin-strengthening nutrient.

Foods to avoid for healthy skin

While some foods will really help you on your healthy skin journey, others may have the opposite effect. We all know that greasy, fast foods are generally not so great for our health and this definitely applies to our skin as well. A diet that is high in processed and chemical filled food can lead to poor skin health, as well as an unhealthy gut. A [healthy gut](#) is the basis for great skin so doing your best to cut down on these foods will really show in your skin! We also suggest watching your added sugar intake as a diet high in sugar can also upset your skin. Sticking to whole, unprocessed foods where you can will do wonders for your complexion and help you to glow like the goddess you are!



Lifestyle tips for glowing skin

Do you ever feel like you're doing everything right when it comes to your skin, but still not seeing that gorgeous glowing complexion that you want? We know how frustrating it can be! Sometimes you might just need to change one or two things in order to completely transform your skin.

We always recommend washing your pillowcase once per week. A lot of dirt and oil can come into contact with your pillowcase and end up transferring straight onto your face – not what we want!

Along with this, it's important to make sure you're washing your makeup brushes as they can also hold onto dirt and bacteria that can transfer to your skin.

Stress and sleep also play a big role in how healthy our skin is. Poor sleep and feelings of stress and anxiety can often show in our skin – leading to breakouts, dullness and irritation. Doing your best to get a good night's sleep and keeping your stress levels in check will really help the health and quality of your skin! You may also benefit from meditation or a cleansing ritual to help ease the pressures of everyday life.

We hope you will find some of these tips helpful when it comes to healthy skin and can't wait to see you all glowing!