



*This blog post was created for a facial yoga site working to raise awareness of their practice and benefits. The site was directly competing with plastic surgery centers and offered itself as a healthier, less expensive, less invasive approach.*

## NATURAL REMEDIES TO TIGHTEN DROOPING SKIN ON THE FACE

One of the characteristics of age is sagging facial skin. According to Aging Skin Net, a publication of the American Dermatological Association, sagging skin can be caused by genetics, sun exposure, facial expressions, sleeping positions, gravity, smoking, and poor nutrition. These factors can contribute to the development of wrinkles, double chins, drooping jowls, bags under the eyes, crow's feet, and sagging upper eyelids, none of which can be covered with makeup but all of which can be treated naturally.

### Facial Exercise

Just like firming up your body, sagging facial skin can be tightened by performing specific facial exercises. According to Cynthia Rowland in the American Chronicle, facial exercises can help erase 10 to 15 years from your face by firming underlying muscle tissue just as you would firm up your waistline. For example, to address sagging eyelids, Rowland recommends placing your fingertips directly under the arch of your brow and pushing up and toward your temples. Holding your brows in place with your fingers, use your forehead muscles to push down. An added bonus is these exercises increase blood circulation to the face and encourage skin rejuvenation, giving you a natural, healthy glow from within. Several free exercises can be found online, but for a full facial workout you will likely have to purchase a program.

### Proper Nutrition

You can also help the skin on your face retain some of its youthful elasticity and plumpness by giving it proper nutrition. Most doctors recommend a diet high in antioxidants. According to Dr. Lawrence Gibson at the Mayo Clinic, you should eat a diet rich in yellow or orange fruits and vegetables, blueberries, green leafy vegetables such as spinach, tomatoes, beans, fish, and nuts. Fish with high omega-3 content, such as salmon, are particularly recommended. Gibson also recommends avoiding foods that are high in fat and carbohydrates and trying to cut down on sweets or desserts.

### Topical Treatments

There are several natural products on the market today that claim to help reduce lines and wrinkles in your skin and relieve dark circles. These include natural supplements, as well as herbal-based cleansers, masques, toners, serums, and moisturizers. There are also numerous home recipes available online. These typically employ fruits, vegetables, or grains applied to the face to give your skin a more youthful outward appearance. There is little evidence to support many of these techniques as being markedly more effective than other forms of treatment.

**Sources used in this article:**

Aging Skin Net: Causes of Aging Skin

<http://www.skincarephysicians.com/agingskinnet/basicfacts.html>

American Chronicle: Facial Exercise <http://www.americanchronicle.com/articles/view/162273>

Cynthia Rowland: Rejenuve <http://www.rejenuve.com/FacialMagicSL.htm>

Mayo Clinic: Best Foods for Healthy Skin <http://www.mayoclinic.com/health/healthy-skin/AN01863>