Puffy Face Problems??

3 causes and cures to get the swellin' out of your gorgeous melon!

When it comes to skincare there is nothing worse then when your body communicates a need via our face. Whether it be a blemish, rosacea, or what we are here to talk about skin puffiness, it is never welcome!

For those of us that have woken up to swollen under eyes, cheeks, and unfortunately all-around facial puffiness there are things we can do to reduce swelling and get your skin back to its original beautiful state.

First thing though, DISCLAIMER, meaning don't come for me! There are instances where continued skin puffiness can be due to an underline health condition. If it continues, please, please see a doctor because I care about you and want you to be healthy. After all I'm not a guru, just a skincare contributor. Now to our list.

Dehydration

Not drinking enough water can cause your face to swell due to enlarged blood vessels that retain water. Which is very noticeable on your face. You may notice these symptoms after drinking alcohol, carbonated drinks, or items with a lot of sodium. To reduce the increase your water intake and use skincare products high in Vitamin C which help strengthen your blood vessels and reduce puffiness. May I suggest our Turmeric, Lemon, and Aloe Goat's Milk Soap or our Amber & Sweet Orange Infused Oil both contain a prominent level of Vitamin C but also helps with rosacea and scaring.

Lack of Sleep

Here is looking at you Team No Sleep, you are only hurting yourselves! Trust me you do not need me preaching to you about this, as far back as you can remember you saw cartoon characters rubbing their swollen baggy eyes from lack of sleep, it is engrained in us. We know this can cause puffiness. I never appreciated naps until I became an adult and trust me your adult skin is no different. Your body needs rest to move the fluids and nutrients in your body to where they are needed for you to be your best self. Resting, and doing so in a position that elevates your head, meaning use those pillows people, allows for body fluids to not be excessively retained in your face. A wonderful way to topically relieve bags due to lack of sleep is green tea. If you have steeped bags of green tea that can be chilled in the refrigerator do so! Apply them on your face to help reduce the swelling throughout your face by constricting those enlarged blood vessels. If you do not have them handy and are looking for a more fluid product, may I suggest our Green Tea & Aloe Whipped Body Butter, which can be chilled for the same effect.

Stress

It seems stress causes everything these days, so puffiness in our face does not shock you. When we are stressed out, we start to feel anxious, shaky, even nauseous for some. Those feelings are all due to our adrenal glands working overtime with cortisol production. The increase in cortisol, the hormone that regulates our bodies during stressful events, can cause a wide variety of symptoms, one being puffiness in the face. Now alleviating stress is a mixed bag. Some may prefer exercise to reduce stress, which would increase the blood circulation in the body, and decrease overall puffiness in the face. For those looking to be motivated into their exercise regime may I suggest a shower or bath with our Lemongrass & Sage Vegan Bar Soap. While others may choose to sit and relax, meditate, or take some alone time to process their thoughts and free themselves of their stresses. Wither way finding a path to relieve that stressful tension is essential. If you are the unwind type, may I suggest a product that help me unwind, Vanilla & Lavender Whipped Body Butter.

As we continue to go through the Fall & Winter months, remember to be kind to yourself and your skin. Breathe deeply often, drink your water, get your rest while elevating your beautiful melon, and continue to let your Bud2Body mixologist do the rest!

Here's to no stress skincare and clean & healthy skin!

XOXO

Marika