

WRINKLES

Natural ways to get rid of wrinkles

Most people think that once you have wrinkles you're stuck with them, but there's actually quite a bit you can do about them. However, there's quite a bit that you can do about wrinkles topically.

How to use Coconut oil, beet and carrot juice.

Coconut oil is a wonderful oil that is known to rebuild our skin tissue and it can be used both topically and internally regularly for the elimination of wrinkles. Coconut oil is both hydrating and rebuilds our connective tissues, and damaged connective tissues are often the cause of wrinkles.

Using a little carrot and beet juice on the skin regularly helps remove wrinkles too and is in fact quite powerful. The vitamin A in carrot juice is wonderful for the skin. Beets are also known to repair our DNA, so using beet juice topically on wrinkle sites is a powerful way to rebuild the damaged skin which often causes wrinkles - possibly by repairing the DNA of the damaged tissue. Using carrot and beet juice topically with coconut oil also increases the benefits of both. Coconut oil has absorptive properties that help pull the juices into the skin in addition to its hydration benefits.

You'll only need a tablespoon or two of these juices each time and you can drink what you don't use. You'll want to leave these juices on your skin for about ten minutes before rinsing them off. You can apply and reapply the juices as they dry, rubbing them in each time.

After you've spent some time repairing your skin with coconut oil and these juices, you'll want to exfoliate your skin to remove the dead skin. You can exfoliate with a washcloth or you can use the juice of a somewhat unripe pineapple. Pineapple contains the enzyme bromelain which naturally eats away our top layer of skin when applied topically and leaves the new fresh skin underneath. Pineapple juice easily rivals expensive spa exfoliation treatments.

To exfoliate with pineapple juice, just apply some of the juice with a little coconut oil or olive oil and rub it in, reapplying it as needed. After a few minutes of rubbing, you may find that dead layers of skin start to come off in your hands. And after doing this, just rinse and apply a layer of coconut or olive oil to hydrate the skin.

While you may not be able to get rid of all of your wrinkles this way, you might be able to get rid of 50 or 60 percent of them. Of course, the more you do the juices and the coconut oil, the more effective they are.