

MODULE III (B) - EXERCISE

- ✓ Learn about exercises that increase blood flow and brighten skin

HOW EXERCISE CAN HELP TO WHITEN YOUR SKIN



It's a ubiquitously known fact that exercise can make you look ten times younger by making you healthier and fit. However, exercise can also help to brighten your skin and remove dark spots and pigmentation.

- One thing that helps in removing dead skin cells naturally from your body is through skin detoxification. Just like detoxifying your body helps to get rid of toxins and impurities, dirt and impurities from your skin gets washed off in the form of sweat. Exercising helps you to sweat it out and this sweat can help in detoxifying your skin and make it appear fairer.
- Biologically, it has been proven that when you work out, your brain releases Endorphins or 'the feel good hormone'. Endorphins are a great mood booster and triggers happiness, it also imparts a healthy glow to the skin.
- When you work out, your heart pumps more oxygen through the body and this intake of more oxygen and release of sweat helps in purifying the blood. We have already seen how impurities in the blood can lead to skin darkening, pigmentation

and unhealthy looking skin. Staying active helps in purifying blood and thus helps to lighten skin over a period of time.

- The best exercise to improve the skin complexion is something that is demanding. 10 minutes of rigorous sprinting on the treadmill or playing squash will make you sweat more and is more demanding than walking for 15 minutes.

FACIAL EXERCISES TO IMPROVE THE HEALTH OF YOUR FACE

Exercising your body would undoubtedly help in making your skin lighter and healthier because of all the factors mentioned above. In addition, here are a few facial exercises that will help in improving the health and complexion of your skin as your face is made up of 57 muscles and exercising any muscle is bound to make them supple and increase the flow of blood.

Exercise for the Eye- Place both your index fingers on the outer corner of your eyes, now try to tightly shut your eyes, do 10 repetitions. This exercise helps in improving the blood flow near the eyes, reducing wrinkles and also improving eyesight.

Exercise for the cheeks- Place the ball of your hands and keep it on the upper part of your cheek bone, now put two fingers under your chin. Using the balls of your hands try to stretch the cheeks towards your ear while using your fingers to keep your chin steady, repeat this exercise for 10 times. This will bring color to your cheeks, give a healthy glow and prevent your cheek from sagging

Exercise for the chin- A lot of people have double chin, even if they are not overweight. This localization of fat can make their chin sag early and give an unflattering appearance. Place two fingers on your chin and pull your lower lip inside your mouth, now using your fingers try to pull down on your chin while simultaneously pulling your lower lip inside your mouth.

Exercise to beat laugh lines around the mouth- Take your index finger and place it on either corners of your mouth. Now try to stretch the corners towards the ear while simultaneously trying to pull in your lips in a pout.

These exercises will help in improving the complexion and health of the skin and should be done on a daily basis.

The Genesis Skin Whitening Treatment aims at lightening skin through herbal and Ayurvedic principles. If you follow all the modules religiously, you will definitely see noticeable changes within a month.

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