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The smashing truth about hydrated skin

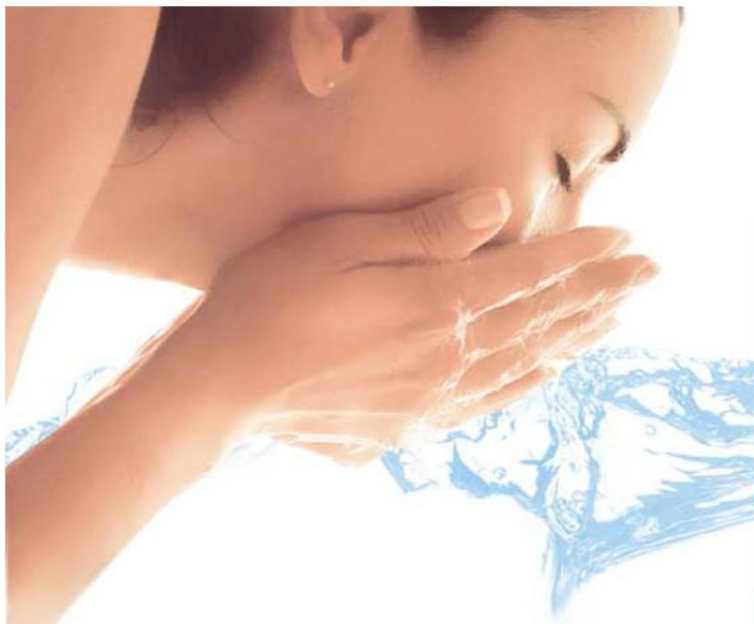
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PROPER hydration is vital to overall health. The right amount of liquid promotes healthy muscles, aids digestion and body cleansing, while keeping the skin smooth, clear and plump.

Low water intake causes dehydration and can result to headaches, lack of energy and weakened immune system. It can also lead to skin dryness making it prone to pimples, blemishes and breakouts.

Hydration is the key to clear and smooth skin. Aside from the moisturizing properties, it releases toxins and stops the build-up of dead skin cells.



To keep our bodies hydrated at all-times, remember to do the following:

1. Drink, drink, drink

We lose water when we perspire. The hot summer weather, exercise and other strenuous activities can trigger our eccrine glands to release sweat. We need to have enough liquid for normal body function and to strengthen our immune system.

Men are required to drink at least 3.7 liters of fluid a day, while women must consume about 2.7 liters of water a day.

2. Eat water-rich fruits and vegetables

Aside from consuming liquids you can hydrate by including tasty treats in your diet like watermelon, cucumbers, corn, tomatoes, squash, berries, peaches and other water rich foods.

Whip up a fresh salad, cold soup, low calorie drink or refreshing ice pops using these water rich ingredients.

3. Follow an advanced skincare routine with a complex moisturizing and skin hydrating system

Address skin problem areas like pimples, blemishes and breakouts with the Proactiv+ 3 Step Skin System. It uses the Smart Target technology to deliver anti-acne formulation directly to the pores.

The Proactiv+ 3 Step Skin System is available at select Watsons and SM Department stores.