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Happiness, a healthy recipe for the skin

By Village Connect - September 7, 2019



Did you know that you only need 17 muscles smile, versus the 43 muscles needed to frown? To make matters worse frowning causes facial lines and wrinkles, making you look old and tired.

Flashing a smile does not take much effort. Aside from being gracious and friendly you are actually spreading good cheer.

The positive vibe resonates even among strangers. In a room full of people, notice how you are easily drawn to the one who flashes a beautiful smile. Having a light and cheerful outlook easily spells happiness. It is an unexpected treat especially when one is having a stressful day.

Starting the day with an infectious smile, is like opening the door to more good tidings. You feel light, happy and beautiful. There will always be days when our patience will be tried and tested. But we can always choose to lighten the load by looking at the bright side, or taking a deep breath to and allow the entry of positive vibes.

When you flash the ear to ear grin, you are actually telling your brain that you are happy and your mood is automatically elevated. Whenever you feel good, your heart rate is lowered and stress level reduces.

This happy feeling is caused by the release of neurotransmitters like endorphins, dopamine and serotonin. Every time we receive good news or we feel excited the brain releases these happy hormones into the nervous system bringing out infectious giggles and laughter.

This simply means that happiness can be found around the corner. We don't have to wait for good news or thrilling events to happen. With a little bit of freedom and creativity, we are capable of experiencing happiness.

If you still need motivation, here are three facts you should remind yourself to be on the path of happiness.

Goal Fulfillment

When you feel good about accomplishing your desired task for the day, or your boss compliments your excellent performance that wonderful feeling is known as a dopamine hit. You can achieve that vibe, by setting realistic goals or by simply finding ways to love your work.

Regular Exercise

Serotonin is a natural anti-depressant. You release a healthy amount of serotonin when you exercise regularly. A 10-minute brisk walk, or 30-minute hip hop exercise can do wonders to your mood.

Healthy Skin

Maintaining a happy disposition also brings out a youthful glow. Positive emotions promote skin renewal because it keeps the hormones in check. Notice how pimples immediately show up when you are sad and stressed out. Aside from negative emotions, other factors that can cause pimples include poor diet, genetics and exposure to dirt and pollution.

Achieving healthy skin could get easier as one, two, three steps. Address skin problem areas like pimples, blemishes and breakouts with the Proactiv+ 3-Step Clear Skin System. It uses the Smart Target technology to deliver anti-acne formulation directly to the pores.

The Proactiv+ 3-step Clear System starts with Step 1: Skin Smoothing Exfoliator. After washing with a facial cleanser to remove dirt, oil and other impurities, apply the exfoliator on damp skin. Give the face a two-minute massage before completely rinsing with warm water.

The second step is the Pore Targeting Treatment which stops the acne at the source. The blemish-fighting solution is directly applied on the pores by spreading it evenly all over cheeks, forehead nose and chin. Leave on face until full absorption.

The final process of the Proactiv+ 3-Step Skin System repairs the skin with the Complexion Perfect Hydrator. The moisturizer heals redness, helps diminish awkward acne marks and brightens skin. Apply on face until full absorption. Reapply during the day as needed. Don't forget to put sunscreen if you need to go outdoors.

The Proactiv+ 3 Step Skin System is available at Watsons and SM Department stores nationwide. The 30-day kit is sold at Php 3,250.00 and includes the Skin Smoothing Exfoliator 60 ml, Pore Targeting Treatment 30ml and the Complexion Perfecting Hydrator 30 ml while the 60-day kit is sold at Php 4,680.00 and includes Skin Smoothing Exfoliator 120 ml, Pore Targeting Treatment 60ml, and Complexion Perfecting Hydrator 60 ml.

Visit Watsons and start your Proactiv+ 3-step Clear Skin System now.