GRANDMA'S REMEDIES

Say Goodbye To Wrinkles And Sagging Facial Skin After Washing It With Coconut Oil And Baking Soda

By bestfolkmedicine · 08/08/2018 · 2 min read



As we age, according to Live Strong, the capacity of the skin to repair itself and maintain its plump and tightness decreases due to the overall reduction in collagen and elastin proteins. When the amount of these pivotal proteins lowers, the muscle tone in the skin, especially the facial area, is negatively affected, resulting in a saggy skin, wrinkles, and fine lines. To fight off skin sagging, you need to be well-hydrated, to supply the skin with keratin and vitamins A, B, and E, and of course, to use this homemade, 100 percent natural remedy on a regular basis.

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According to Healing Life Is Natural, this potent mixture will rejuvenate your skin and cleanse your facial pores with ease. It is known to possess antibacterial characteristics and it will thoroughly detoxify the skin. What's more, you will not need to spend a small fortune for the ingredients and the preparation is rather simple and everyone can do it! Check out the recipe below.

Anti-Wrinkle & Anti-Sagging DIY Remedy

You will need:

3 tsp of coconut oil

2 tsp of baking soda (aluminum free)

Preparation: In a bowl, mix the two ingredients well to get a paste-like texture.

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Application: Apply it onto the face by massaging it into the skin with circular movements. Leave it for 10 minutes and then rinse it off with warm water.

p.s. You do not need to apply a moisturizer afterwards due to the fact that coconut oil will keep the skin hydrated on its own.

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The Benefits of the Ingredients

1. **Baking soda**

This product is one of the best natural remedies against acne, skin breakouts, poor pH balance, as well as in fighting off wrinkles and fine lines.

2. **Coconut oil**

Its antibacterial, moisturizing, and healing characteristics will nourish and condition the skin and also help eliminate any blemishes and spots.

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Sources:

HEALING LIFE IS NATURAL

WOMAN'S VIBE

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