

11 Best Natural Home Remedies for Wrinkles You Must Look - Ezyshine

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Everyone wants younger and radiant skin. Aging is a nightmare of every person. Unhealthy lifestyle, over dependence on fast foods, stress, alcohol, caffeine, and unhealthy habits such as smoking, pollution and lack of exercise all contribute to the appearance of wrinkles and skin aging.



You can treat wrinkles and skin aging by using OTC beauty products and creams available in the market. But these products are often expensive and may contain side effects. Instead, you can rely on some time-tested [home remedies](#) for wrinkles that are effective and safe without containing side effects.



Effective Home Remedies For Wrinkles

Here are some best natural home remedies to make your skin wrinkles free and glowing.

1. Honey

Honey is a well-known ingredient that can treat all skin issues. It can nourish dry skin and prevent moisture loss to keep the skin hydrated. Additionally, it exfoliates the skin to eliminate dead cells and enhances the regeneration of new cells, thereby lightening scars, hyperpigmentation and age spots.

Besides, honey can improve the elasticity and suppleness of the skin due to its potassium and vitamin B. For this treatment, you take pure honey (1 teaspoon) on your palm and later apply on your face in a circular motion. Leave the application to stay for twenty minutes and wash off using lukewarm water.



Honey To Reduce Wrinkles

2. Use Lemon Juice

Lemon juice contains the natural bleaching agent so that it can remove tan and sunburn. Besides, its citric acid helps to exfoliate skin, remove impurities and dead skin cells and shrink open pores to give a younger and smooth appearance to the skin.

Additionally, it helps to improve complexion and add a healthy glow to the skin. Along with that, it increases the elasticity of the skin to lower the appearance of fine lines and wrinkles. For this remedy, take a lemon and squeeze out its juice. Then, dab on your clean face using a cotton ball. After 30 minutes, wash off using water.



3. Avocados - Best Natural Home Remedies for Wrinkles

Avocados increase skin elasticity, thus increasing the youthfulness and suppleness of skin. Besides, it is enriched with nutrients such as selenium, potassium, folate, zinc, beta carotene, and vitamins B, C, E, and K, all of which are good for the skin.

This exotic fruit contains the amino acids and antioxidants, which remove toxins from the skin and prevent premature skin aging altogether. For this remedy, take an avocado and scrape out its pulp. Later mash it to create a smooth paste and after that, apply it on your clean face and wash off after 30 minutes with water.



4. Pineapples

Generally, pineapple works as a great natural remedy for inhibiting premature aging. Pineapple juice neutralizes the free radicals effects & oxidative stress of cells thanks to its antioxidants such as vitamin C and potassium. Apart from that, it helps to improve skin tone and correct uneven skin tone, age spots, dark patches, and hyperpigmentation.

For this purpose, you take a half cup of pineapple pulp and crush it in a blender to create a smooth paste. Then, apply this resultant paste on your face and neck and wash off after 20 minutes with lukewarm water.

Get Rid Of Wrinkles Using Pineapple



5. Almonds to Get Rid of Wrinkles

Almonds work as a multipurpose skin remedy that makes it an amazing ingredient in beauty, baby care, and [skin care](#) products. They are rich in nutrients such as iron, vitamin E, zinc, oleic acid and folic acid that function as excellent antioxidants.

The antioxidants treat wrinkles and fine lines, thereby delaying the aging process. For this treatment, take around 8-10 almonds and soak them in some milk overnight. Later grind them to make a thick paste and thereafter, apply on your clean face. Gently massage for five minutes in soft circular motions. Wash off after 30 minutes with lukewarm water.



6. Olive Oil Remedy

Olive oil has the power to lighten fine lines and wrinkles and tighten sagging skin. Additionally, it can nourish the skin because it is packed with minerals, vitamins and natural fatty acids. Along with that, its vitamins A and E act as a great antioxidant and hydrate skin and maintain its youthful elasticity and suppleness.

All you need to follow is pouring virgin olive oil (several drops) in your palm and applying on your clean face using a soft circular motion. Gently massage for five to ten minutes prior to your bedtime and in the morning, wash off using water.

OLIVE OIL FOR WRINKLES



7. Aloe Vera

Aloe vera provides numerous benefits for skin and hair care. It is able to remove acne, pimples and excessive oiliness of the skin. Aloe vera gel contains malic acid, which improves skin elasticity and decreases fine lines and wrinkles.

Along with that, this gel comes with zinc that shrinks the pores, thereby increasing the youthfulness of skin. For this remedy, take a leaf of aloe vera and scrap out its gel. Afterward, apply this gel on your clean face and gently massage for five to ten minutes in a soft circular motion. Finally, wash off after 20 minutes using lukewarm water.



8. Fenugreek

Fenugreek has been used as a great remedy for treating various ailments for ages. Besides, being loaded with niacin and vitamin B3, fenugreek seeds recover the damaged skin cells and enhance the regeneration of new tissues and cells that help to lighten, fine lines, wrinkles, age spots and crow's feet.

For this remedy, take 1 handful of fenugreek seeds and grind them to create a thick paste. Later add 1 tsp of honey to this paste and mix well. Begin applying this mixture on your face & neck. Leave it to stay for 60 minutes and wash off using water.



9. Bananas

Bananas are an excellent remedy for all problems of skin because they are high in vitamin B, potassium, vitamin E and vitamin C. This fruit can moisturize and hydrate dry skin, improving skin elasticity and suppleness, collagen production and combating the damage causing oxidative stress and free radicals.

As a result, it provides a younger looking and flawless skin. For this remedy, make a smooth paste by mashing two ripe bananas. Evenly apply this paste on your clean face and wash off thoroughly after half an hour with water. Finally, apply a moisturizer.



10. Egg Whites Remedy

Egg whites can lighten fine lines and wrinkles. Plus, they help to stretch the skin and shrink the open pores, thus giving it a younger, smoother and youthful appearance. Apart from that, egg whites are packed with proteins, potassium, riboflavin, and magnesium, which aid tissue repair, moisturize and hydrate the skin.

Furthermore, they neutralize the damaged caused due to oxidative stress and free radicals. For this treatment, take an egg and break it. Later separate the yolk carefully and apply evenly on your face. Leave it to dry for fifteen minutes and wash off using water.



11. Use Carrots

Being loaded with vitamin A, carrots promote the collagen production and keep the skin smooth altogether. You can add raw carrots to your diet. You can also boil 2-3 large carrots in enough water until they turn soft. After that, blend them with some honey to attain a paste.

Directly apply this paste on your face and rinse off after 30 minutes using lukewarm water. Alternatively, combine carrot juice and honey in equal parts and apply on your face. Leave it for the duration of 10 minutes and wash it off.

Now that you know many natural and simple home remedies for wrinkles. You should include them in your regular skin care regime. These remedies will help you reduce the process of aging effectively. Remember to share your treatments with us.



Guest Post by Marry Smith

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This guest post is by Marry Smith - a blogger with many years of experience on searching the best natural home remedies for beauty and health issues