

7 *Steps to a More Youthful Neck*



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by

PUREHEALTH®
RESEARCH

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Introduction

Are you happy with the way your neck looks? If you are like a lot of people, you might not be pleased with the image that stares back from the mirror, especially when you look at your neck. **As you start to get older, the skin on the neck can start to sag and become loose.**

It's garnered the unfortunate and unflattering nickname of "turkey neck." When you first notice your neck is sagging, it's natural to panic a bit. You want your face and your neck to look youthful. **It's important to understand why this happens, and what you might be able to do about it.**



Too Late for Preventative Treatment?

Preventative treatments are great, but they won't do much for someone who already has sagging skin on their neck. It could help to slow the further development of the sagging skin, though. Fortunately, **there are a few other things that you can do that can help to reverse the problem and provide you with a more youthful look.**



In the pages that follow, you will find seven steps you can take. **These are natural things that you can do starting right away.**

Of course, you might consider having a cosmetic procedure, however, surgery comes with risks. **So, before you talk with a plastic surgeon, perhaps give these natural methods a chance.**



What's the Cause?

Dr. Larry Pollack, who is a board-certified plastic surgeon at Sharp Memorial Hospital, said that **this loose skin can be hereditary. However, it is most often associated with aging, UV damage, or weight loss.** He has also discussed preventative measures including maintaining a healthy diet and weight, wearing wide-brimmed hats while outdoors, using sunblock, and using quality natural skincare products¹.

#1

Get More Exercise

You already know that exercise is good for your body and losing weight. It improves your health and reduces the risk of chronic disease. However, you may not have realized that it could also reduce the appearance of aging for your skin. A study from McMaster University in Canada found that **exercise can help prevent and even reverse the effects of aging in the skin.**

Dr. Mark Tarnopolsky, a professor of pediatrics and exercise science at McMaster said that the skin can look 20 to 30 years younger at the microscopic level. This is because exercise can cause the dermis to become thicker and more elastic².

What does this mean for you? If you have a somewhat sedentary life, you will want to increase your level of exercise. **Even if you already exercise occasionally, it is time to add some more exercise to your week.**

The trick to sticking with exercise is finding exercises you enjoy. Walking, swimming, and hiking are excellent options. **Don't forget the sunscreen and a hat to protect your skin since UV rays can worsen the turkey neck.**



#2

Moisturize the Skin Regularly

Although you realize that you need to moisturize your face to help prevent the appearance of wrinkles, you might forget about your neck. However, **the skin on the neck needs to have just as much protection.** Fortunately, you don't have to buy any special cream for the job. You can use any quality lotion that you are already using for your face. However, one cautionary note: Many popular beauty products contain harmful chemicals that can actually prematurely age your skin over the long-term. It's best to choose a quality natural face cream, and if possible, go organic.

When applying cream, pay attention to how you apply it. **Rather than rubbing downward on your neck, use one finger in a gentle upward sweeping motion.** This helps avoid adding to gravity's sagging effects.



#3

Treat Your Skin Right with Good Food

The food you are eating plays a major role in the way your skin looks and feels. Therefore, you need to be sure that you are eating right.

Other foods to consider eating include fatty fish, olive oil, nuts, and avocado. These have omega-3 fatty acids, which can help to nourish the body on the inside and out⁴.

One of the most important vitamins to have is Vitamin C, which is found in fruits like oranges and grapefruit. Research has shown that vitamin C has the potential to help the body in a range of ways including an increase in type I collagen synthesis. It can also reduce oxidative stress parameters³.



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#4

Drink More Water

Are you drinking enough water? **Not drinking enough water can cause issues with your internal organs, but it can also cause problems with your body's largest organ—the skin.**

A 2007 study from the International Journal of Cosmetic Science found that drinking 9.5 cups of water a day for four weeks altered the skin density and thickness⁵. **Measure how much you are drinking each day and get it up to 9.5 cups if possible.** Keep in mind that soda, coffee, and similar beverages do not count as water.



#5

Neck Exercises

You should also add a regiment of neck exercises to your day. There are plenty of exercises that you can use that can help you to strengthen the muscles of your neck. **This can help to reduce the appearance of a sagging neck and make you look more youthful.**

Let's look at a couple of simple exercises:

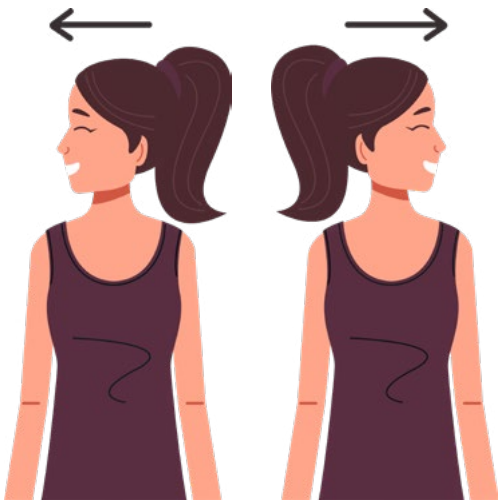
Kiss the Stars

- Sit in a comfortable chair with your back straight.
- Lift your head and look at the ceiling.
- Make kissing movements with your lips.
- Do 20 kissing movements with your head in this position, rest, and then repeat.



Neck Lift

- Lay on a mat on your back. Place your arms along each side and have your knees bent.
- Slowly raise your head and neck off the ground.
- With your head off the ground, turn your head slowly to the right and then the left.
- Return to the starting position and then lower your head back to the ground.
- Do this between 10 and 15 times.



These are two targeted exercises that can provide you with some nice results. **Consider doing the exercises when you wake up in the morning and before you go to bed, twice a day.** You can look for other neck exercises online that you can add to your routine.

#6

Use a Facial Roller

Add a facial roller to your beauty routine. This handy helper provides the benefits of a facial massage and could help to encourage lymphatic drainage. **The movement across the skin helps to increase blood flow and can reduce puffiness.** It can be used on the neck and the face alike. It's a simple tool, and you can find quality jade rollers for less than \$20. When using the tool, remember to follow an upward action and work from the bottom to the top of your neck area.



#7

Remove Heavy Necklaces from Your Jewelry Box

Although you might not realize it, heavy necklaces will slowly stretch the skin on your neck. While this might not cause any problems in the short term. **If you are wearing heavy necklaces most of the time, it could start causing a loss of elasticity.** Perhaps only wear them on special occasions instead.



Conclusion

The tips and tricks above can help you to reduce the appearance of your sagging neck, for a more youthful appearance. However, it's important that you commit to using these techniques if you want to make a difference in the way you look. We've made them as easy as possible to do. **Exercise, eating right, etc., will help you with the sagging skin on your neck and could help you to improve your overall health as a welcome bonus!**



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Resources:

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