

Stay Youthful

Nahaia Active Organics skincare products were created to provide a quality chemical free alternative for people who care about what they use on their skin. With this Nahaia Russ, founder and MD of Nahaia Active Organics is here to help us out with some tips to keep our skin in top condition.



Hydrate internally: To look after your skin from the inside, you must ensure you drink enough water every day - you simply can't have clear, wholesome skin without it. If your diet includes too much caffeine, salt or alcohol you can dehydrate very easily, so increase your intake of water accordingly.

Hydrate externally: Dry skin looks dull and lackluster, so hydrate it by using a moisturiser on your face, (including an eye cream) neck, body and hands.

Always use sunscreen: When choosing a sunscreen, look for one that does not use chemical absorbers, instead go for inert physical blockers like zinc oxide (preferably micronized) so it does not show on the skin.

Use serums - moisturisers are just not enough: Facial serums get much needed nutrients into deeper layers of your skin that regular moisturisers are unable to penetrate.

Eat a 'skin friendly' diet: A host of healthy, natural foods offer potent healing and preventative powers to remedy a wide range of skin troubles as well as alleviate problems that stem from nutritional deficiencies. Consuming the right foods and avoiding the wrong ones can reveal beautiful, youthful-looking skin, so eat loads of fruit, vegetables, nuts and seeds.

Get active: Look for active ingredients in your skincare, they are the substances that directly cause changes in your skin and are the best for clear, fresh, youthful skin.

For a full list of active and organic ingredients, visit nahaia.com.