

Beauty News: Kangen Water For Hydrated Skin

As a teenager growing up in Denver, we used to spend hours each summer basking in the sun at Colorado swimming pools and lakesides without wearing any sun screen. We had no idea that twenty years later we would regret such careless behavior and would be attempting to hide wrinkles and aging with bangs and hats.

Minimizing exposure to direct sunlight, something we wish we would have known as a teen basking in the Denver sun, will help prevent wrinkles and assist in diminishing their appearance.

I know there are plenty of Colorado plastic surgeons that would happily remove crows-feet and laugh lines, but I prefer a more healthful and [natural approach to skin care](#) in Denver.

Getting a **good night's sleep** goes a long way in helping reduce the appearance of wrinkles. Eight hours each night is a good idea.

Avoiding alcohol is another great way to minimize wrinkles. Alcohol reduces the moisture content of your skin which may cause harsh dryness. Take a close look at friends and relatives and it is easy to tell which men and women drink alcohol on a regular basis. And not only is smoking dangerous for your health but it is abusive to your skin making it more vulnerable to wrinkles.

The number one way I maintain healthy skin and reduce wrinkles is by drinking plenty of [healthy Kangen water](#) produced at home by my Kangen water filtration machine.

Hydrating your body sufficiently is an essential part of facial skin rejuvenation. Well-hydrated skin is more supple and helps reduce the appearance of wrinkles.

Kangen water is not only an excellent way to improve your skin, it has many other benefits which I would love to share with you.

My name is Bruce Douglas and I am an independent Kangen water dealer in the metro area. Feel free to contact me by phone, text or email to **discover more about Kangen water**.

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