**Stay Young with Anti-Aging Yoga**



The next time you are watching your favorite soap opera, pay close attention to the commercials and you’ll find a pattern emerge – 1 out of every 3 commercials is of a cosmetic product. Surprised?

**Tips to Stay Young**

* *Drink at least 6 liters of water to flush out toxins and keep the skin young and hydrated*
* *Taking a two-minute break every hour helps stretch your legs and improves the flow of blood*
* *Avoid using laptops and mobiles for long durations to keep dark circles at bay*
* *Getting 6-8 hours of sleep everyday will help avoid those dark circles and also keep you active through the day*
* *It is important to feel young at heart too! Be spontaneous, make impromptu plans, take that salsa class you’ve secretly been thinking of joining*

Everybody wants to look good, and cosmetics ensure that they give you what you need. However, this bargain comes with its share of problems. Modern-day cosmetics are full of chemicals and compounds that have been known to cause headaches, allergies, skin reaction, hair fall, ageing and even cancer. It is common knowledge that women more commonly use cosmetics than men do. Consequently, they face a greater risk of being exposed to its side effects too. According to a study done by an online finance web portal, women spend a whopping $15,000 on makeup in their lifetime.

But looking good doesn’t necessarily have to come at such an exorbitant price tag and with so many unwanted ill effects. In ancient India, [yoga](http://www.artofliving.org/in-en/yoga) and ayurveda took care of almost every physical well-being aspect you could think of. Although thousands of years old, yoga and [ayurveda](http://www.artofliving.org/in-en/ayurveda) are still as much valid today as they were back then. And for the icing on the cake, both yoga and ayurveda are natural, side effect free and relatively inexpensive.

Aging is a natural phenomenon and there’s no escape from it. Luckily enough, you do have the option of aging slowly and gracefully by following these tips:

**Kapal Bhati pranayama**

Also known as the [Skull Shining breathing](http://www.artofliving.org/in-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan) technique, this pranayama improves blood circulation and adds radiance to the face. It also improves the flow of prana (energy) in the body.

**Simhasana**

This face yoga asana specifically affects the facial muscles by relaxing them and thus alleviating any stress.

**Neck stretching**

Stretching the neck helps get rid of those scary wrinkles while eliminating excess fats on the neckline.  It also helps keep the skin from sagging.

**Face clenching & relaxing**

This simple yet effective facial exercise helps relieve any tension in the face.

**Meditation**

The face is but a reflection of what goes on in the mind. An angry mind will result in a tensed or furrowed face, while a happy mind will beam with a calm and serene face. Meditation helps keep the mind focused, calm and free from tension even when you are working on a tight deadline.

Several studies conducted around the world have showed that [meditation](http://www.artofliving.org/in-en/meditation) helps slow down the aging process. One such study says that practicing meditation on a regular basis protects our chromosomes from degenerating and thus puts a leash on the age clock.

**Eat Right & Stay Young**

Ancient Indian scriptures say that the type of food you eat directly affects your mind. Eating a bowl of fresh fruits will have completely different effect on your mind and body than eating a pizza loaded with extra cheese. Similarly, eating junk food cannot give the body what a whole ayurvedic diet can provide. Making wise lifestyle choices will ensure that you stay healthy and live longer.

Ayurvedic cooking offers a complete diet that is rich in nutrients and keeps the body functioning smoothly while raising the immunity level. Ayurvedic food is high in prana or life force. In addition, it is healthy and easy for the body to digest.

Eating green leafy vegetables like spinach and fenugreek that are rich in fiber, aids in better digestion. In addition, including water-rich vegetables like broccoli, radish, and cucumber help your skin stay hydrated. Drinking a concoction of neem and basil leaves boosts immunity, purifies the blood, and keeps the skin clean and clear.

**Overhaul Your Lifestyle**

As you grow up, certain things come to be part of your routine lifestyle. While some of these may be good for your body, there is a fair amount of chance that many of them may actually be doing more harm than good. If you are intent on fighting aging with all your might, the first step is to reconsider your current lifestyle and its effects.

To achieve a good lifestyle pattern, it is important to strike a balance between good food habits, adequate hours of sleep, physical exercises and mental relaxation. Any physical or mental stress will eventually affect the body. Dark circles, premature skin aging, sagging of skin, and others are but an example of stress taking its toll on the body.

**Moving From Outer To Inner Beauty**

While looking gorgeous has its own charm, beauty is not just skin-deep. A healthy body, a calm mind and an everlasting smile are the real beauty products that will boost your confidence and enhance your personality.

We cannot defy aging forever but certainly, we can [slow down](http://www.artofliving.org/in-en/meditation/meditation-for-you/tips-for-skin-glow) its progress by taking precautions and adopting a better lifestyle.