



ISSN: 2694-1767

DOI: 10.33552/WJYPR.2021.03.000605

**World Journal of  
Yoga, Physical Therapy and Rehabilitation**

**Iris Publishers**

**Short communication**

Copyright © All rights are reserved by Cevdet Tinazci

# Yoga and Its Effect on Looking Younger and Healthier

**Cevdet Tinazci<sup>1\*</sup> and Ilayda Tinazci<sup>2</sup>**

<sup>1</sup>Faculty of Sports Sciences, Near East University, Cyprus, Turkey

<sup>2</sup>Department of Makeup and Hair Design, Near East University, Cyprus, Turkey

**\*Corresponding author:** Cevdet Tinazci, Faculty of Sports Sciences, Near East University, Cyprus, Turkey.

**Received Date:** November 15, 2021

**Published Date:** December 15, 2021

## Introduction

The practice of yoga may greatly aid in helping you look more youthful and make you more refreshed. Yoga is very relevant to our modern lifestyle, in terms of both health and beauty. Yoga helps both body and mind. It not only works on all the muscle groups, but also increases vitality, tones the internal organs, stimulates the nerve cells, relieves stress and clears the mind. Although it is an ancient Indian discipline, it has also gained importance as a means of attaining a well-balanced personality and delaying the visible signs of ageing. Yoga improves blood circulation, including the circulation of blood to the skin surface. This is so important for the good health of the skin, as it helps to supply essential nutrients to the skin. It also promotes the removal of toxins through the skin. This is so important, especially in cases of skin congestion. While it won't directly treat your skin problems, yoga can help with detoxification. Therefore, making it a part of your beauty regimen can help you achieve a healthier and glowing complexion, as well as prevent breakouts.

Yoga session will increase your sweat production levels, which may sound gross, but is an excellent way of ejecting all the residue toxins from your body. Our skin is our largest organ, and it plays a significant role in keeping us safe and balanced. Not only does sweating regulate our body temperature, but it also opens up the pores and allows for much better detoxification. Moreover, yoga is widely famous for helping us calm down, and when we're relaxed, the blood flows more freely and can nourish all the organs better, including the skin. Enhanced blood flow makes sure that the skin receives all the oxygen it needs, which in turn helps it remain

elastic, supple, and evenly toned. Also, the relaxing effect of yoga reduces the level of the stress hormone cortisol, which is known to cause acne outbreaks. It also increases the skin's flexibility and helps you get rid of wrinkles.

Face yoga and breathing exercises stimulate microcirculation and bring more oxygen to cells, making the complexion look more balanced, even and radiant. The face looks calm and serene, and the eyes and features look softer. Yoga stimulates the production of collagen and elastin and by regularly practicing face yoga, the skin becomes toned, tightened and there is a visible reduction in wrinkles. The face looks smoother and less tired. Oxygen flow is so important because it is what helps get rid of free radicals and toxins from the body. Free radicals are mainly responsible for breaking down collagen and elastin, which increase the signs of aging like wrinkles and fine lines. Just like your body, your skin, and your face in particular, are at the receiving end of a stressful lifestyle. If you aren't eating correctly or indulging in some stress eating, expect hormonal fluctuations that can manifest in the form of breakouts and other skin issues.

As a result, many different yoga benefits make yoga an excellent choice for anyone who wants to remain healthy. Yoga improves posture, tones muscles, burns fat, reduces stress, and provides peace of mind. However, yoga can also provide some skincare benefits. The benefits of yoga for the skin do not end with the improvements in tone, and definition. People who have chosen this ancient practice can reap many benefits that improve their appearance. Many yoga exercises focus on your skin health. The benefits of yoga can go



beyond stretching to include proper nutrition and other products that promote skin health. Also, yoga triggers relaxation which is another benefit for your beauty. When you are stressed out, your body produces hormones that contribute to wrinkles and other aging signs. The yoga benefits for your skin are similar to those of other parts of your body. The increased circulation that yoga provides may reduce the appearance of fine lines and wrinkles that have developed over time. When you stretch your body muscles, the blood flow to the skin increases, which improves circulation. This helps to reduce the appearance of cellulite and redness in dry skin. The increased blood flow also helps to remove toxins from the

body and increase collagen production. Collagen helps to keep your skin firm and elastic and improve the appearance of stretch marks. A regular workout routine comprising of yoga helps strengthen the bone density and muscle density along with boosting the collagen that leads to an age-reversal in the body.

### **Acknowledgment**

None.

### **Conflict of interest**

No conflict of interest.