8 Shocking reasons your skin is getting wrinkled

Wrinkles the signs of aging is something that everyone gets at one point or another. The sagging skin and fine lines when appearing pre-maturely, becomes a huge concern and we start digging up a solution to get rid of these wrinkles. Going under the knife is one option or cosmetic, but of them are too costly.



But why do we wait for wrinkles to appear to do something about it, we need to figure out what is causing us to have sagging skin so early? Is it our diet or wrong skincare regime? We all are familiar with mainstream causes of wrinkles like smoking, drinking, diet, and stress but there are some other reasons too that causes these worry lines to pop up early. So take a look below to find out some of the lesser-known cause of wrinkles.

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**1. Sleeping on your stomach**

Sleeping face down on your stomach is very comfortable, but this is not good for your face. To avoid compression lines, its best to sleep on your back. Lying on your stomach at night accelerates the aging process. So, for a wrinkle-free face sleep on your side or back. Also, use a silk pillow so, that even if you sleep on the stomach by mistake it won’t affect your skin that much.

**2. Not wearing sunglasses**

The skin around eyes is 40% thinner than rest of the skin so it’s imperative, that you keep them covered while stepping out in the sun. Look for glasses that cover the eyes and skin around it so that you are protected from UVB and UVA rays.

And no, your number glass won’t work as you will still squint while in sun, which will make lines and crow’s feet appear near the eyes.

**3. Going to bed late**

While we sleep, our skin goes through daily circadian patterns that help in rejuvenating it but if we aren’t sleeping properly, this won’t happen and we will have early aging signs. The nightly process when disturbed makes skin dehydrates, inflamed and even more acne breakouts.

**4. Too much sugar intake**

Too much sugar in our diet leads to many skin problems. A little treat is okay but munching on sweets and carbs all day may lead to early onset of wrinkles. Instead switch to vegetables, fruits, lean proteins and complex carbs.

**5. Not using sunscreen**

We all are aware of the importance of sunscreen in our skin care regime, but we still avoid it so many times. Unfortunately, it doesn’t go well with our skin, as even a little exposure to sun’s harmful rays can break the protective collagen leading to fine lines and wrinkles.

**6. Stretching your skin to apply makeup**

Don’t stretch your eyes or lashes while putting liner and mascara, also never stretch your lips to put lipstick. Just move your face instead of stretching the skin. Doing this would make wrinkles appear faster on your skin.

**7. Staying hydrated is not your goal**

You have a water bottle, but you keep it at a far distance instead of taking the much needed 6-7 glasses you need. Staying hydrated is so important to look fresh and young, not drinking enough water makes skin saggy, and wrinkles tend to appear earlier than expected.

**8. Using too many products on your skin**

Less is more is perfect when it comes to a having a glowing skin. Using too much of a product can make your skin saggy; use the amount which has been directed not more than that. Also, using too many products to combat any skin problems lead to it getting even more serious. This makes the skin problems like line and wrinkles more noticeable. The best way to have a perfect skin is to stick to a simple but effective skin care procedure for you.

**9. Spending too much time on phones and tech**

Looking down at your phone for long or working on techs too much make the skin around neck and jawline saggy as they are thinner than other areas.

So cut back on your tech time and include products that have amino acid in your life.

So friends, there are various ways to [treat wrinkles naturally with Ayurveda](https://www.badhaai.com/2018/05/ayurveda-treatment-for-wrinkles-naturally.html). You can easily find these things at your home thus making it a very easy and cost effective way to treat wrinkles. Do let us know your experiences in the comments below.