

BEAUTY, GUEST WRITERS

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THE SKIN AND HEALTH BENEFITS OF DRINKING WATER

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Water is the source of life. When we are born 90% of our body consists of water, and throughout our lives 80%. This goes to show you just how important regular water intake is for your general well-being, as well as your health, as numerous studies have shown that dehydration is the cause of many illnesses and skin issues, which could be prevented if you stick to a healthy water intake.

From boosting your immune system, to nurturing a clear, radiant complexion, water serves many purposes and supports numerous bodily processes that keep you awake and truly alive throughout the day. Here are the top five skin and health benefits of regular hydration that will nurture the beauty and glow of your complexion and inspire you to lead a healthier lifestyle.



Clear and radiant complexion

Regular water intake supports numerous healthy processes in the body, and we all know that our skin is the biggest organ we have. What's more, the state of your skin is a direct reflection of your inner wellbeing, as the majority of health conditions tend to make their presence known through the skin.

Not only is inner hydration important, but so is external moisturising, as one does not go without the other. Be sure to stick to a healthy skincare regime, entailing cruelty-free brands such as the tried and tested Weleda or the innovative **Votre Vu** or Kora.

Moreover, by hydrating copiously, you can help detoxify your system, improving liver and kidney functions and thus maintaining a radiant complexion all year round. As a rule of thumb, it is recommended to drink at least two litres of water daily in order for your skin to remain wrinkle- and acne-free.



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