

6 benefits of skin icing

Many people take care of their skin health. The skin is extremely exposed to a large number of factors that could cause premature deterioration. Discover here the **benefits of skin icing**.

Environmental toxins, sunlight and poor eating habits are just some of the reasons that can lead to premature skin aging.

Fortunately, the cosmetics industry has developed a wide variety of products and treatments that counteract harmful effects. These treatments form a protective barrier, however, the problem is that they are extremely expensive. Not everyone has the means to acquire them.

But many people are unaware that it is not always necessary to invest in these expensive products. Natural methods are becoming more and more popular, not only because they are very economical but also because they bring many benefits to the skin.

6 benefits of skin icing

A simple ice cube can be used as an alternative to commercial techniques, as cold makes it easier to close dilated pores and provides a feeling of softness. After the application, the skin is tighter. This makes the skin firmer, which helps to reduce flaccidity and wrinkles. To enjoy the benefits of skin icing without any problems, it is essential to cover them with a piece of fabric before applying them to the skin. A direct application can be aggressive for the skin.

Ice Cubes Reduce Wrinkles

This natural remedy has an interesting effect in constricting blood vessels under the skin. It helps to stimulate blood

circulation and promotes better oxygenation of cells. Its temperature controls excess inflammation and minimises the effects of free radicals on skin tissue.

Applying ice cubes regularly to your skin helps to keep your skin firm and elastic, a key factor in preventing the appearance of fine, premature wrinkles.

The ice cube fights dark circles and bags under the eyes

The formation of dark circles and bags under the eyes is an aesthetic concern that we all want to avoid.

The causes of dark circles and bags under the eyes are as follows:

- Circulatory problems
- Fluid retention
- Use of cosmetics
- Poor rest

Fortunately, all these effects can be easily reduced by taking advantage of the anti-inflammatory effect that ice cubes provide. Simply massage the affected areas with an ice cube before bed and in the morning when you get up.

The ice cube reduces excessive fat

Ice cubes are excellent for controlling alterations in the activity of the skin's sebaceous glands, which cause excessive fat production.

Its moisturising and astringent properties deeply cleanse pores. It also helps to remove the sebum residues that cause acne.

Ice Cubes Relieve Dry Skin

Applying an ice cube helps to prevent drought. It is useful to control oily skin, but it is also an excellent solution for those whose skin is too dry.

Its moisturising capacity counteract the natural loss of water from skin tissues. It helps to eliminate dead skin and retain moisture.

Since it doesn't alter the skin's pH, ice cubes are ideal to complete treatments against skin dryness.

Ice cubes relieve solar burns

Thanks to its cold temperature and moisturising action, this treatment effectively treats superficial burns caused by sunlight. Its application reduces the sensation of burning and itching and also stimulates cell activity.

Ice Cubes Prevent Acne

Since it cleanses the pores of the skin in depth, the application of ice cubes is an interesting method to prevent the formation of pimples and blackheads. If you use it every day, twice a day, you will stimulate the elimination of impurities and dead cells.

Instructions

- Cleanse your face thoroughly first;
- Wrap one or two ice cubes in gauze or other soft cloth.
- When the ice begins to melt and moistens the fabric, apply it to the face.
- Hold it on different areas of the face for 1-2 minutes.
- Move the ice gently with circular movements. Go up along the chin and jaw, along the cheeks, along the forehead and nose. Pay particular attention to the area under

your nose.

- Complete the procedure with a toner, moisturiser or acne treatment.

Sources:

[Face and Body Skincare](https://www.fnbskincare.com) – <https://www.fnbskincare.com>