

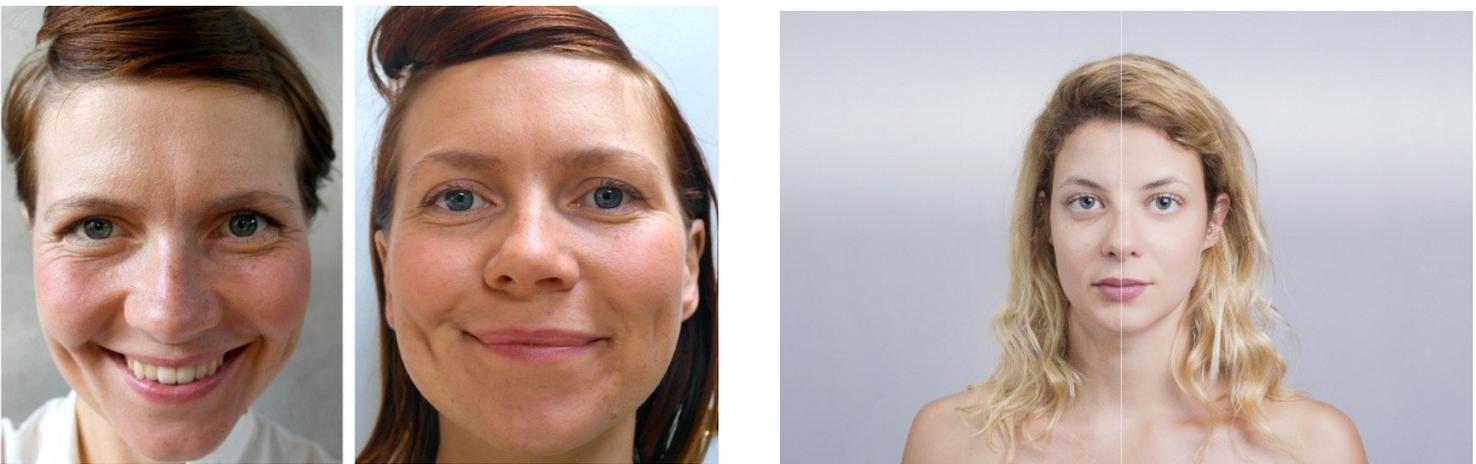
This will make your face your skin if you drink a liter of water a day 3 - Incredible pictures

There are serious consequences if you do not drink enough, especially in the summer. This is what happens to your skin!

Considerably more than half of the human body - 70-80% - water, so it is very important to note this supplement, especially in summer, when the body temperature under control even use more fluid in your body.

The Good Housekeeping journalist, however, not only showed you pictures of how healthy when you drink a lot, but I also see what effect three liters of water daily to your skin.

Look at the pictures!



Lucy Aitken tried during a pilgrimage to the water treatment, which has been visibly showed the effects of his face in four days.

Although the two images slightly different angles and different light made clearly visible differences in skin tone and around the eyes.

However, this is not all related to the water!

The increased water consumption, excellent anti-aging method, because hydrated skin is less prone to wrinkle.

Less can smooth wrinkles for example, it is completely up to the increased fluid intake.



The eyes are ringed source is not always just the sleep deprivation.

A dehydrated skin, were the more stress, so signs of fatigue.



If noticeably dry - such as tight after washing face - your skin, you should consider not only from the outside, in the form of creams hydrate.

The three liters of water per day consumed significantly affect this unpleasant phenomenon as well.



Serious warning sign, if you pinch your skin together, and slowly retract. In this case, due to the lack of water it has already lost much of its elasticity,

so it is important to urgently replace the large volumes of liquid, even before the severe symptoms occur: blurred vision, headaches, dizziness and difficulty thinking.