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Yoga Can Give You Better Skin—Here's How

BY *ELIZABETH SIEGEL, DEPUTY BEAUTY DIRECTOR*, MAY 1, 2016, 12:00:00 PM



Turns out your sun salutations are doing more than just strengthening your body and mind; practicing yoga can also help to keep your skin fit.

In addition to a million other good reasons to exercise, "you're dilating blood vessels and stimulating oil glands, which will make skin glow for an hour or so," says **Ava Shamban**, an assistant clinical professor of dermatology at UCLA. Yoga specifically has been shown to help lower cortisol, the stress hormone that can degrade collagen and dehydrate your skin.

Don't force yourself to do Bikram unless you love it, though. "People get focused on the need to sweat because they think it eliminates toxins from the body, but exercise doesn't do much for toxin clearance," says Dee Anna Glaser, a sweat specialist and professor of dermatology at Saint Louis University School of Medicine in Missouri.

<http://www.allure.com/beauty-trends/blogs/daily-beauty-reporter/2016/05/yoga-skin-benefits.html>