

*older age. Exercise has a positive effect on the skin of your face. It keeps you energetic and happy throughout the day.*

#### **4) Stress**

*Stress leads to less care of the body. Keeping yourself busy all the time makes you away from the well balanced and healthy diet. Stressing can be seen on your face every time you feel it. It effect harshly and causes premature aging. Body releases stress hormones constantly when you are under stress due to which wrinkles starts appearing on your skin.*

#### **5) Less sleep**

*Less or restless sleep makes you depress and you feel tired every time. The first appearance of lack of sleep can be seen on your face .The eyes become baggy and dark circles starts forming around the eyes. Less sleep causes symptoms like memory loss and depression that leads to negative thoughts in your mind. An adult should have at least 8-9 hours of sleep. Try to avoid fatigue too during daytime.*

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