



HAIR CARE

When you're stressed, your hair can become brittle and break out. To help prevent this, use a conditioner that contains natural oils like argan or coconut. These oils help to moisturize and strengthen the hair shaft, reducing breakage and promoting healthy growth.

Stress and overeating leave you feeling great but can wreak havoc with your skin and hair. Caroline O'Brien plots a recovery plan

DIET

Stress can lead to overeating, which can cause weight gain and skin issues. To combat this, try eating smaller, more frequent meals throughout the day. Focus on whole, nutrient-dense foods like fruits, vegetables, and lean proteins. This helps stabilize blood sugar levels and reduces the urge to binge eat.

Stress also affects your skin by increasing the production of cortisol, which can lead to acne and dryness. To keep your skin healthy, use a gentle cleanser and a moisturizer that contains hyaluronic acid. This helps to hydrate the skin and reduce inflammation.

SKIN

Stress can also lead to hair loss. To help prevent this, use a shampoo that contains biotin and keratin. These ingredients help to strengthen the hair and reduce shedding. Additionally, try to get enough sleep and exercise regularly to reduce stress levels.

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