

6 ways to perfect your skin without putting any products on it



You can improve your complexion without using a ton of products. Sarah Schmalbruch/INSIDER

Your skin is your body's [largest](#) and most visible organ. Most of us assume that what we apply to our skin is the only way we can perfect it. Not so. While a proper skin-care regimen is most definitely important, the environment and some other surprising factors also play a major role in our skin's appearance and how it ages.

So when your creams, lotions, and potions aren't giving you a luminous, glass-like complexion, check out these tips to achieve perfection without touching your skin at all.

Crank up the humidifier.



It can help keep your skin hydrated. [Yury Stroykin / Shutterstock](#)

Some [evidence](#) suggests that increasing the humidity can help alleviate existing skin conditions, such as eczema and [dry skin](#).

"Keeping a humidifier in your room helps to keep skin hydrated. At night, the skin is in repairing mode and can tolerate deeper hydration and thicker formulas," Dr. Paul Jarrod Frank cosmetic dermatologist and founder of [PFRANKMD Skin Salon](#), told INSIDER.

Sleep on silk or bamboo pillow cases.



It can be a good investment. Holly Smith

Who hasn't woken up with lines and creases running down the side of their face aka "sleep wrinkles?" You [can fix this easily](#) by ditching your cotton sheets for silk or bamboo ASAP.

Jump on the collagen bandwagon.



It's easy to add to smoothies or coffee. Creative Family/Shutterstock

By your early 20's, your collagen levels start declining. Collagen is one component that keeps skin firm and wrinkle-free.

There are plenty of ingestible collagen supplements you can take. You can toss some in your coffee, soup, smoothies or baked goods because it is tasteless and doesn't change the texture of your food.

But it's worth noting that more research is needed on these ingestible supplements to prove their effectiveness.

Clean up your act ... or your air.



It might even be worth spending more time outdoors. [UCFFool/Flickr](#)

According to the [EPA](#), indoor air can be up to five times worse than outdoor air. This has a huge impact on our skin, considering we spend the [majority of our time indoors](#). Recent [studies](#) have linked air pollution exposure to skin aging signs like pigment spots.

"An air purifier can clear the air of pet dander, dust, pollen, bacteria, harmful chemicals and fumes from cooking and cleaning products, which can contribute to stubborn under eye circles, dull skin, loss of radiance, and even acne," said [Dr. Loretta Ciraldo MD FAAD](#).

Get tested for food sensitivities.



You might be able to help your skin by cutting out foods you're sensitive to. [Pixabay](#)

[Food allergies](#) cause hives as immediate allergic reactions to foods, whereas not-so-obvious to spot food sensitivities can range from itchy patches that mimic hives, eczema, acne, dry skin, and rashes according to Dr. Marra Francis, chief medical officer at [EverlyWell](#).

"Individuals should get tested via a food sensitivity test when they are experiencing recurrent skin conditions that have no other determined cause or believe that their skin flares may be related to the foods they eat," says Dr. Francis.

Once you determine what you're sensitive to — if anything — you can nix it from your diet and may even start seeing improvements in your complexion. Visit your doctor or allergist, or try an at-home test.