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# Cortisol Face: Unraveling the Latest Beauty Trend

## Description

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If you've tried many things to reduce puffiness in your face with no success, stress could be the cause. The hormone cortisol, linked to stress, can affect your skin health.

Expert Danuta Mieloch suggests that balancing your hormones through a holistic approach can help. She highlights the importance of managing cortisol levels for overall well-being.

Cortisol can lead to puffiness, redness, acne, slow healing, inflammation, and premature aging. It's essential to address the impact of stress on your skin.

There are myths about cortisol and skin; stress can lead to various skin issues, not just acne. Chronic stress, not short-term spikes, affects your skin. Physical stress also plays a role in skin health, not just psychological stress.

Practicing mindfulness, moderating caffeine intake, low-impact movement, and maintaining relationships can help reduce stress. Taking supplements like Ashwagandha, Rhodiola Rosea, Omega-3, magnesium, and stress-relieving teas can support your lifestyle changes.

For stressed skin, focus on anti-inflammatory clean beauty products, moisturizers, and sunscreen. At-home facial massages can also help improve blood flow and drainage in your face.

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## Vocabulary List:

1. **Puffiness** /pʰf.in?s/ (noun): The state of being swollen or inflated.
2. **Cortisol** /kʰr.t?.s?l/ (noun): A steroid hormone produced by the adrenal glands in response to stress.
3. **Inflammation** /ʰn.flʰmeʰ.?n/ (noun): A biological response to harmful stimuli often causing redness and swelling.
4. **Holistic** /hʰʰʰʰs.tʰk/ (adjective): Relating to the idea that the whole is more than merely the sum of its parts.
5. **Mindfulness** /maʰnd.fʰl.n?s/ (noun): The quality of being present and fully engaged with the current moment.
6. **Acne** /æ.k.ni/ (noun): A skin condition characterized by the occurrence of inflamed or infected sebaceous glands.

## Comprehension Questions



## Multiple Choice

1. What can cortisol lead to in terms of skin issues?  
Option: Puffiness redness acne slow healing  
Option: Inflammation premature aging  
Option: All of the above  
Option: None of the above
2. Which of the following is NOT a recommended way to reduce stress according to the text?  
Option: Practicing mindfulness  
Option: Moderating caffeine intake  
Option: High-impact movement  
Option: Maintaining relationships
3. What is highlighted as important for overall well-being according to Danuta Mieloch?  
Option: Sleeping for 12 hours a day  
Option: Eating fast food regularly  
Option: Managing cortisol levels  
Option: Avoiding sunlight
4. Which supplements are mentioned in the text to support lifestyle changes for reducing stress?  
Option: Vitamin C and iron  
Option: Ashwagandha and Omega-6  
Option: Rhodiola Rosea and magnesium  
Option: Calcium and Vitamin D
5. What is suggested to be beneficial for improving blood flow and drainage in the face?  
Option: High-impact exercises  
Option: At-home facial massages  
Option: Stressful activities  
Option: Skipping meals
6. What kind of stress is noted to affect the skin in the text?  
Option: Short-term stress only  
Option: Chronic stress only  
Option: Physical stress only  
Option: Psychological stress only

## Answer

**Multiple Choice:** 1. All of the above 2. High-impact movement 3. Managing cortisol levels 4. Rhodiola Rosea and magnesium 5. At-home facial massages 6. Chronic stress only



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which type of virus causes the flu?  
Option: Bacteria  
Option: Poultry  
Option: Virus  
Option: Fungus
2. What process involves heating food to kill bacteria?  
Option: Fermentation  
Option: Pasteurized  
Option: Freezing  
Option: Dehydration
3. How can individuals protect themselves from certain diseases?  
Option: Eating raw meat  
Option: Vaccinated  
Option: Avoiding sleep  
Option: Drinking unpasteurized milk
4. What term describes having thoughts of ending one's own life?  
Option: Excited  
Option: Happy  
Option: Content  
Option: Suicidal
5. Which hormone is released in response to stress?  
Option: Cortisol  
Option: Insulin  
Option: Melatonin  
Option: Thyroxine
6. Which approach considers the whole person – body mind and spirit?  
Option: Holistic  
Option: Specific  
Option: Isolated  
Option: Partial



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7. Which skin condition is characterized by pimples?
- Option: Eczema
  - Option: Wrinkles
  - Option: Acne
  - Option: Rosacea
8. What is the feeling of worry nervousness or unease?
- Option: Calmness
  - Option: Enthusiasm
  - Option: Anxiety
  - Option: Serenity
9. Who are individuals with specialized knowledge in a particular field?
- Option: Beginners
  - Option: Learners
  - Option: Experts
  - Option: Amateurs
10. What is the mental health disorder characterized by persistent sadness?
- Option: Elation
  - Option: Optimism
  - Option: Depression
  - Option: Joy

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Individuals can get sick if they come into contact with \_\_\_\_\_ poultry.
12. In case of an \_\_\_\_\_ please dial 911 for immediate assistance.
13. Severe cases of the flu may require \_\_\_\_\_ for proper treatment.
14. Consult with \_\_\_\_\_ in the field to get accurate information.
15. Practicing \_\_\_\_\_ can reduce feelings of anger and resentment.
16. The study of the brain and nervous system is the focus of a \_\_\_\_\_.
17. Effective time management can enhance \_\_\_\_\_ in the workplace.
18. Chronic \_\_\_\_\_ in the body is linked to various health conditions.
19. Doctors prescribe \_\_\_\_\_ to help manage type 2 diabetes.
20. Wearing a mask can help prevent the spread of the \_\_\_\_\_.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

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| 21. Taking necessary steps to avoid risks or dangers is crucial to staying safe.            |
| 22. Sometimes medications can cause unwanted reactions in the body.                         |
| 23. Medications designed to help alleviate symptoms of depression.                          |
| 24. Being present and aware of your thoughts and feelings is a key aspect of this practice. |
| 25. Swelling or bloating in certain areas of the body can lead to this condition.           |
| 26. One's attitudes and beliefs can shape their overall viewpoint and approach to life.     |
| 27. Too much sensory input can overwhelm the brain and lead to this state.                  |
| 28. Certain medications aim to reduce feelings of hunger and promote weight loss.           |
| 29. Ensuring that information is current and accurate is important in various fields.       |
| 30. Considering all aspects of a person's well-being not just physical symptoms.            |

**Answer**

**Multiple Choice:** 1. Virus 2. Pasteurized 3. Vaccinated 4. Suicidal 5. Cortisol 6. Holistic 7. Acne 8. Anxiety 9. Experts 10. Depression

**Gap-Fill:** 11. Infected 12. Emergency 13. Hospitalizations 14. Experts 15. Forgiveness 16. Neuroscientist 17. Productivity 18. Inflammation 19. Semaglutide 20. Virus

**Matching sentence:** 1. Precautions 2. Side effects 3. Antidepressants 4. Mindfulness 5. Puffiness 6. Mindset 7. Overstimulate 8. Appetite-suppressing 9. Updated 10. Holistic

**CATEGORY**

1. Health - LEVEL1

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