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How To Get 'Jello Skin'

From doughnut skin to slugging, in the last year, TikTok has graced us with a series of weird and wonderful skincare trends. More recently, 'jello skin' is a hashtag that's taking the video-sharing platform by storm. But what's all the fuss about? In this blog post, we explain what 'jello skin' is and how liquid collagen can help you achieve it.

What Is 'Jello Skin'?

Put simply, 'jello skin' refers to a plump and bouncy complexion. It was first coined by Ava Lee, a skincare influencer better known as [Glowwithava](#). In a TikTok video, which has since gone viral, Ava discusses the concept with celebrity facialist Gavin McLeod Valentine. Valentine explains that if you pinch your skin and it immediately bounces back, as Ava's does in the clip, this indicates that plenty of collagen is present. Indeed, if your skin remains firm, rather than proceeding to jiggle, you are fortunate enough to have what Ava dubs 'jello skin'.

Got It! Remind Me Though, What Is Collagen?

Collagen is the largest and most abundant structural protein in the human body. It's the main component in your skin and, alongside elastin, is what contributes to a firm and cushiony complexion or 'jello skin'. With age, however, your body's production of collagen starts to slow down. In fact, by your mid-twenties, collagen levels are already beginning to decline at a rate of 1.5% a year, which causes your skin to sag, wrinkle and lose its ability to spring back.

So, Is 'Jello Skin' Still Attainable If I'm Not In My Mid-20's?

Achieving 'jello skin' relies heavily on preserving the collagen and elasticity levels in your skin. Whilst ageing undoubtedly causes these proteins to decline, there are other environmental and lifestyle factors that can accelerate the breakdown of collagen in your skin. By adopting healthy habits related to skincare, supplements and internal wellness, most people (regardless of age) can acquire that 'jello skin' look.

How To Get 'Jello Skin'

1) Up Your Water Intake

We all know that drinking plenty of water keeps our skin hydrated. But, how often do you drink water before thirst strikes? Waiting until that moment is a sure sign that your body, including your skin, is already dehydrated. By drinking water regularly, you maintain the moisture in your skin which increases its elasticity. This is key to creating a plump and youthful appearance (a lá 'jello skin'). Not only that, but upping your water intake helps your gut and digestive system flush out toxins and supports the balancing of hormones. This, in turn, can positively affect your skin's health and appearance. So, consider this an urgent reminder, from us to you, to trade your second espresso of the day for a glass of H₂O.

2) Get Enough Sleep, Eat Well & Apply Sun Lotion

Exposure to UV rays, stress, lack of sleep, poor diet - all of these factors can lead to premature ageing and a breakdown of collagen in your skin, making 'jello skin' much trickier to achieve. Your best defence against this is to practice good sleep hygiene and apply a broad spectrum SPF, which protects against both UVA and UVB rays. It may also be worth cutting out foods from your diet which are known to be inflammatory to the skin, such as sugar and dairy, and replacing them with collagen-rich foods like bone broth, egg whites and citrus fruits. Why not check out [Ava Lee's TikTok](#) for inspiration? You'll notice she's a big fan of skin-enriching superfoods such as blueberries, green tea, dates and avocado.

3) Supplement With Liquid Collagen

By drinking liquid collagen daily, you can help boost your body's collagen levels and slow down the structural decline of your skin. At Revive Collagen, our ready-to-drink sachets contain up to 10,000mg of type 1 hydrolysed marine collagen - which is one of the highest available doses on the market. What's more, our product has the added benefit of containing retinol and hyaluronic acid. These powerhouse ingredients work to promote skin renewal, enhance collagen production and hydrate the skin, effectively producing 'jello skin' results.



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