



Drink plenty of water and infuse it with lemon and honey.



Limit or stop drinking alcohol.



Cut down sodium and fat content from your diet.



Restrict refined and packaged food products.



Eat more fibrous fruits and vegetables.



Exercise regularly and stay active in general.

Reference

1. How to get rid of double chin; The Yoga Institute



Source: https://www.momjunction.com/articles/how-to-get-rid-of-baby-fat-on-your-face_00334811/