

Anti Aging Skin Care Guide

Top Tips for Treating Fine Lines and Wrinkles



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Today, people are living longer and healthier lives than ever before. This is great news since most of us want to be healthy and productive for as long as possible. The only thing is that most of us also want to have beautiful youthful looking skin no matter how old we are and the years may not be as kind to our skin as it is to the rest of us.

Luckily, there are some steps you can take, both naturally and medically, that will help keep your skin looking youthful and vibrant well into your golden years and beyond!

What Causes Wrinkles?

Wrinkles are both a result of aging and being in the sun. Exposure to toxins in the air as well as the sun all take their toll over the years and the result is wrinkles. Both, men and women today are going to drastic measures to get rid of their wrinkles. Some go through surgical face lifts, while others go for anti aging skin care serums and creams.

Wrinkles form as you lose flexibility in your collagen fibers. Collagen is what gives your skin a plump, soft look. As you age, you are producing less collagen. At the same time, you are losing the facial fat and the ending result is those wrinkles.

Of course, you want to do what you can to avoid getting wrinkles. You should not drink a lot of alcohol as this will not do you any justice. Besides, it takes the moisture away from your body. Don't smoke. Make sure you stay out of the sun and when you have to be in it, you should use the proper amount of sun block.

Have wrinkles already started to form on your face? Don't worry, because there is always a solution to this problem. You will be able to use certain techniques in order to help eliminate them. In order to firm your muscles and your skin, you might try facial exercises. Before you exercise, you should add a skin moisturizer to your face and neck area. In order to correct a weak jaw, droopy chin or wrinkled neck, you should place your tongue on the roof of the mouth as far as it will go.

At this moment, you will feel the jaw, chin, throat and neck tightening up. In order to firm your neck, throat and jaw, put your chin up high and move forwards. As you do this, pull the head back as far as you can.

In addition to preventative measures, using a good anti aging moisturizer and wearing sun screen, there are several options discussed below that are available for lessening the effects of wrinkles.

Anti Aging Skin Care Products

When it comes to finding the best type of anti aging skin care products it can be a lot like trying to find needle in a haystack. There are tons of cosmetic businesses in the industry today and they all claim to be the best. To add to the confusion, there are lots of new creams coming out that will fool you by telling you all kinds of lies. When you are searching for the best, you should not fall victim to believing them.

That being said, there are some good products out there that will help keep your skin looking young and fresh. Here is some information to keep in mind when you looking for the best anti aging skin care products:

Have you ever heard of Active anti aging ingredients? Many people have, but do not know what they are. They are essential if you want better looking skin. First of all, you need to understand how skin care products work. This is simple. You can consider all anti aging skin care products to be composed of 2 types of ingredients, Active and inactive. The active ingredients are the ones that actually work on your skin. The inactive ones just help in delivering these active ingredients to your skin. Both the ingredients are needed in order for the products to be effective.

Different active ingredients will focus on specific aging issues. For example, Copper Peptides promotes collagen & elastin synthesis, reduces appearance of fine lines and wrinkles. It will also firm, smooth and soften skin. As you grow older, collagen production starts to slow down, which causes your skin to start to get wrinkles and look saggy. By using products that have Copper Peptides in it, you will be able to boost collagen production and help your skin look firmer and smoother.

Another great active ingredient is Alpha Lipoic Acid (ALA). ALA is often referred to as "the miracle in a jar" for its anti-aging effects. It's an ultra-potent antioxidant that helps fight future skin damage and helps repair past damage.

Alpha-lipoic acid has been referred to as a "universal antioxidant" because it's soluble in both water and oil, which permits its entrance to all parts of the cell. Due to this quality, it is believed that alpha-lipoic acid can provide the greatest protection against damaging free radicals.

The best products will definitely contain several active ingredients together, not just one! So, don't forget to look for that as you are shopping for your anti wrinkle cream or serum as it will make a big difference.

Next on the list is affordability. Generally speaking, most companies promote their anti aging products in 'sets'. This can be very expensive and time consuming. Normally, these 'sets' will consist of 3-5 products that will need to be used twice daily. This is not needed. A great anti aging product can be integrated into your existing skin care routine, saving you time and money.

So, the next time you go shopping for anti aging skin care products, look for a product that have several active ingredients and can be integrated into your existing skin care routine. This will ensure you get the anti aging benefits you desire without the cost.

Does Botox Really Work?

Do you have wrinkles that are too deep to be helped by the latest wrinkle creams? Well if you do, then you might consider Botox.

Botox is actually made from bacteria that paralyzes your muscles temporarily. I know this sounds really scary, but if you see a licensed dermatologist or an aesthetic nurse then your treatments will be perfectly safe.

This type of medicine is used in order to treat those wrinkles that absolutely will not go away. The injection can be done in most places where there are deep wrinkles, but since it hampers the movement of your muscle (this is what smoothes out the creases or wrinkles in the skin) it is obviously not appropriate for some areas of the face.

Now, I must stress that you need to find a qualified professional to perform the injections, otherwise you are taking a huge risk. You need to pay attention to certain doctors as many are not trained in this area of medicine. In order to eliminate the risk factors of having this done, you will need to find someone who has experience in this field.

You should learn about the risk factors before you get these injections done. Your doctor will be able to explain all of this to you. While there are risks, they are minimal with a qualified Botox doctor and the injections are well worth it if you are looking to eliminate those wrinkles from your skin.

Many individuals get these injections done in their face as this is one of the main places where wrinkles form. If you do not want botox, then there are natural remedies you will be able to turn to. However, those 'shots' are the fast remedy to getting rid of those facial wrinkles that make you look old.

During your lifetime, your skin goes through a countless amount of wear and tear, which means you need to take care of your skin. Don't worry about this, because Botox is there to help you.

Botox can be used by most people but if you have problems with your heart, then you may want to skip this type of anti wrinkle treatment. It's a good idea to talk to your doctor about any side effects and health complications before deciding on Botox injections.

Are Collagen Injections Safe?

Another option for getting rid of wrinkles that is easier and less costly than a facelift is collagen injections. Collagen injections are actually a simple procedure that can be done in the office and does not require going under anesthesia.

As you know, collagen is found naturally under the skin. It is what makes the skin seem firmer and plumper. As you age, your body does not make as much collagen and the absence of it under your skin contributes to sagging and wrinkles.

Does this procedure have any side effects?

There are some side effects, but with surgery, there are even more. Collagen injections are the safe alternative to getting rid of those wrinkles. You should take note that it will last for six months or less, so it is not a procedure that will last forever.

If you are looking for something that is permanent, then your only choice would be surgical procedures. However, once your collagen diminishes, then you can go in for more injections.

Today, you can get collagen injections from just about any skin care place. Those clinics don't have medical personal doing the injections. This is a simple procedure, but you could have an allergic reaction to it. For about four weeks, in order to determine if you are allergic to collagen, you will be put through an assessment. Today, collagen injections for getting rid of wrinkles are very popular and many women as well as men are starting to get it done.

Retin A For Wrinkle Care

Retin-a is an FDA approved ingredient that is used widely in cosmetics and skin care products. It has been around for over 30 years and is extremely effective not only with the treatment of acne but for maintaining healthy, glowing skin in general. The question is whether it remains the most effective ingredient on the market with so many newer substances now being marketed.

Retin-A typically comes in the form of a cream or gel that is applied directly onto the skin. It is not a one time treatment, but something that you have to take routinely over a long period of time. This is because the effects on the skin take awhile to actually start working.

There are different strengths so you have to make sure you get the one that is right for your skin.

Is It Still Relevant?

There are some newer skin care ingredients that have become increasingly popular, but there is still a valued place in the market for Retin-a. It is one of the few that are certified by the FDA and it has a very long history of creating dramatic differences in facial skin.

Another reason it continues to be widely used in skin care lines is because it doesn't just provide one benefit. It is useful not only to those suffering with acne problems, but to anyone concerned with the health of their skin.

Is It Right for You?

Most people think of this as an ingredient that combats acne, and while that is entirely true it is not the only value to this substance.

For acne sufferers, this ingredient is mainly useful for removing blackheads gently. It can also prevent acne outbreaks if taken on a regular, consistent basis.

For those concerned with sun spots, wrinkles, or other common signs of aging that appear on the skin, it can be extremely helpful as well. Even freckles can be lightened over time with routine use. Skin that has been damaged by the sun can also find great relief over time.

If you don't fall into any of those categories, it doesn't mean this isn't the right product for you. It is also useful for exfoliating the skin. This means it removes the dead cells from the surface of your skin. It then stimulates the growth of fresh cells which will give a more youthful, glowing appearance to your face.

That essentially means that literally anyone concerned with the health and appearance of their skin would do well to add Retin-a to their daily skin care regime. While it has been around for many years, it remains a very powerful weapon against the signs of aging that were once accepted as just a fact of life.

Microdermabrasion

Have you been dealing with dull skin, acne scars, sun spots, stretch marks and wrinkles? If so, then you might want to consider microdermabrasion! This is a very common skin care process that can help to hide those pesky skin flaws and give you younger, healthier looking skin.

Microdermabrasion is a painless procedure. It is also known as being one of the most affordable cosmetic surgeries out there. If you do not want to take the 'surgery' route, then you will find many at home systems and kits for microdermabrasion.

This technique can be used on all skin colors and skin types. It is known for having the fewest side effects of any of the other procedures. It can be done at a beauty salon, physician's office or spa. You do not have to go under anesthesia in order to get it done. Once you get it done, you will immediately have younger looking skin that is radiant and close to perfect.

This is a non-invasive technique that is simple and straight forward. It will help to reduce those large pores, erase those wrinkles and fine lines, help with dull skin, stretch marks, age spots, hyperpigmentation and more. After you have this treatment done on your skin, it is important that you follow a good daily skin care treatment immediately. There are generally no side effects or risks to this process.

However, certain contraindications exist. Individuals that are pregnant, nursing, suffering from active herpes, keratosis, malignant tumors, weeping acne, active rosacea and have been on accutane previously for six months should avoid this process.

To get this treatment at spa or beauty salons, you might pay anywhere from seventy five to two hundred dollars. A good kit where you can do microdermabrasion at home will cost two hundred dollars and up.

If you are looking for a treatment that helps the health and beauty of your skin, then microdermabrasion should definitely be a part of your skin care routine.

Getting Rid Of Under Eye Wrinkles

One of the worst types of facial wrinkles are under eye wrinkles. Almost everyone gets them and it's a sure bet no one wants them! So, what can you do to get rid of under eye wrinkles?

Like most wrinkles, the ones under your eyes come from loss of elasticity in the skin, laughing and even sun damage. If you are trying to get rid of those lines, then you should be happy to know that it is not that expensive and it is fairly easy. All that is needed is an anti aging eye cream.

If you have not been using a moisturizer, then you will need to start doing so. The moisturizer you use should have SPF in it that will be protecting you against a number of different light spectrums.

The moisturizer is going to help to protect your skin from the sun as well as pollutants that are in the air. Also, you should not use soap, this will dry the under eye area out and can cause your skin to have that texture that is paper like.

The next tip may sound a bit bizarre to you, but hemorrhoid cream will help with those eye wrinkles. It works by pulling the skin tight and shrinking it. It sounds strange, but when you think about it, it really makes perfect sense that it would help for around the eyes.

If you want to be all natural, then you could create your own face mask. You can do so by combining one yolk from an egg with two tsp. of honey. Put this under your eye, but stay away from the inner eye. Let that sit on the area for a while and rinse off.

Best Ways To Treat Sun Damaged Skin

Sun spots also known as age spots and sometimes called liver spots are the ending result of being out in the sun too much. They are flat patches that are brownish in color and can be found on many areas of the body. Commonly, they are found on the areas that are exposed to the sun too much. This includes your arms, hands and face. Often, they are accompanied by dry, leathery skin and, of course wrinkles.

We all know that prevention is the key to avoiding sun damage on your skin. You probably already know to use sunscreen and avoid long periods in the sun, but what can you do if the damage is already done?

When it comes to sun damaged skin, there are a number of different dermatology treatments that you might find helpful. First, you have Botox cosmetic injections which help to paralyze (literally) wrinkles in certain areas. Also, if your skin has been damaged by the sun, it loses the natural collagen, so collagen injections might be something to consider

If you do not like the idea of having injections, then you could always opt for a chemical peel. A chemical peel removes the damaged and dead outer layers of your skin. At the same time, it stimulates growth of healthy skin and gives you a fresh healthy glow.

If you need something more drastic, there are also a number of laser techniques available today that will help treat sun damaged and aging skin. One of them is Intense Pulsed Light therapy, which is where the dermatologist uses flashes of light in order to treat the damage. The light comes from a full-spectrum, high-energy xenon lamp. This type of treatment is reported to be very effective.

You see, when it comes to treating sun damaged skin, there are many different techniques you can use. After years of being exposed to the sun, you are not left out in the open.

Conclusion

Today's active older person doesn't have to resign themselves to wrinkly, aging skin. The best course of action is to start taking care of your skin now – this will help prevent future damage and improve overall appearance. Make an appointment to see your dermatologist and get on a skin care and enhancement program that will fit your needs as well as your budget and that you feel comfortable with. Taking these steps today will insure more youthful looking skin tomorrow!

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