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Reducing Wrinkles: Tips To Try First

When it comes to reducing wrinkles, you really have to take your needs seriously. There are a number of factors that play a role in the health and well being of your skin. It is often hard to understand how products work and why they may not work even if they promise to do so. If you are considering wrinkle creams and a regimen of facelifts, you may go broke in the process.

Before you do all of that, consider going through a process of determine the very best solution for your needs.

The first thing to consider is the health of your skin. Your skin needs to be healthy if you are to keep it from looking old too fast. In addition, it will allow you to look young and healthy. Just because you have wrinkles, though, does not mean that your skin is unhealthy. In fact, it just means that your need to take a closer look at your overall health. The place to start is with your diet.

- Do you eat healthy foods such as a diet that is rich in deep colored vegetables?
- Do you eat a lot of foods that you know are not healthy for you?
- Do you eat foods that are overly greasy?

All of these things can cause many areas of your body to not function in the right way. If you are looking for a solution to your wrinkles first start with improving your overall diet. This means giving your body the necessary nutrients through the food that you consume. Many people make the mistake of assuming that what they eat doesn't matter. If you are getting wrinkles early on, it could be caused by your lack of a healthy diet. Improve your diet and improve your overall health as well as your skin's look.



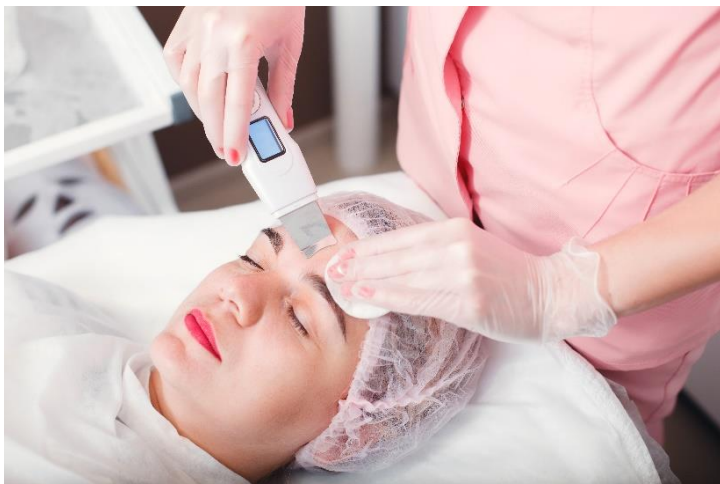
Reducing Wrinkles: Improving Your Skin's Look

When it comes to reducing wrinkles, one of the first things that you should do is determine how you can improve all of your skin on your face and neck area. Although some wrinkles are due to aging, the health of your skin is an important factor, too. In many ways, it is necessary to take the time to improve the problems with your skin if you are to improve the way that wrinkles effect your looks. In fact, healthy skin will be benefited in the long term with fewer wrinkles if you improve its health now.

One thing that you should do to do this is to give your skin the right nutrients. Now, most of the diets that Americans eat are not the highest in quality and sadly, even when they are thought out and well planned, they still do not pack enough of a punch to improve our health. In many cases, it will be necessary to consider adding additional nutrients to your diet to find real improvement.

You will want to add in a good multivitamin. Visit your local health foods store, or better yet find a reliable source online. Purchase a very good quality multivitamin. Those that are geared towards providing for aging adults are not necessarily going to be better for you. Whatever you do, consider adding in a good concentration of Vitamin A, Vitamin C, and Vitamin E. These are good quality antioxidants. In your blood stream, something called free radicals exist. These can be thought of as small particles that you breathe in. They not only can build up and produce life threatening conditions, but they also clog your cells and cause your skin to look unhealthy.

To reduce the wrinkles on your skin, improve the health of your skin by giving it the nutrients that it has to have to thrive. The good news is that this process doesn't have to be difficult at all.



Reducing Wrinkles Through Exfoliating

You have heard of the chemical peel and it sounds much more painful than it is. But, what if you could get the benefits of that chemical peel at home and reduce the wrinkles that are on your skin? There are countless ways that this can benefit you, in fact. If you are not including a daily regimen of natural and soothing cleansers, do that first. Then, consider adding in an exfoliating product, too. When you do this, you improve the overall quality of your skin, giving you a really great looking beauty.

First things first, consider your cleansing method. You should be using a solution on your face each day and night. What you don't want to do is to use hand soaps or soap bars to wash your face. These products remove way too much of the all important natural oils on your face, leaving it dry and even cracked. This skin is not healthy, it hurts and it is more likely to lead to further problems with wrinkles down the road. Purchase a high quality cleansing regimen that is gentle to your skin.

Then, exfoliate. This is a process that simply removes the very top layer of skin on your face easily, mildly and really without pain. It also helps to remove the dead skin cells there, as well. When it does this, it will safely stimulate your skin to do something about the need to replace this skin. When new skin grows back in place of what you removed, it is younger looking and much more healthy. In fact, it is less wrinkled, too.

When it comes to improving the quality of your skin, your daily washing is essential. Make this the time to splurge a little on you. Invest in a quality product that is capable of providing you with the help you need. Exfoliating is also a key factor. Do these things and improve wrinkles.



Reducing Wrinkles: Stay Out Of The Sun

Before you head off to purchase a highly expensive wrinkle cream, take a look at the way that you are handling your skin. No matter what the cream is that you plan to use, if you do not take care of your skin in the first place, it can't work for you. Many people make the mistake with using a wrinkle cream as a band aid, but that band aid can not work if you don't treat the problem first. But, before you can do that, you have to consider your current situation.

Many people have wrinkles because of the sun. The sun's rays are deadly to our bodies. For most of us, the thought of wearing sun screen only comes into play on those days when the beach is the destination or when the summer weather is in full force. The problem is that even on cloudy days or in the middle of winter, the UV rays are coming through and harming your skin. The more exposure that you have, the more likely you are to need to do something to repair it. Not only is UV rays the leading cause of skin cancers, but it is also a culprit behind the wrinkle, too.

So, what do you do? Look for make up products that contain UV protection. Or, apply sunscreen to your skin before applying anything else. Make sure that when you head out of the house each day, you do the same for your children. The fact is that your skin needs sunscreen if you are to look your age or younger. If you don't use it or don't use it often enough, you run the risk of facing sun damage and wrinkles are part of that package. Don't let your skin suffer from these conditions. Help stop the wrinkles from coming with sun screen.

Reducing Wrinkles: Choices To Consider

Once you have taken the time to improve your body's overall health and well being, the next step in the process is improving the quality of your skin through other means. There are other choices out there that can drastically or minimally help you to improve your skin and reduce your wrinkles. Each of these options has worked for some but there is no guarantee that any regimen will work for you. Talking with your dermatologist and your cosmetic surgeon is the best route to determining your potential benefit.

Here are some choices.

- **Wrinkle creams.** These are readily available and can work for you. To make sure you get one that is beneficial, look for those that contain Retinal. They should say this or they should say they contain Vitamin A, Vitamin C, and Vitamin E. Products that promise to be miracle products are not likely to be that beneficial, though.
- **Botox.** This is one of the heaviest marketed products today for removing wrinkles from the face. If you are interested in finding a solution that is minimally invasive, this is the right one. But, remember that you may need to have it redone often. It is an easy choice and one that can be done on your lunch hour.
- **Face lift.** The face lift is a much more drastic option, but it doesn't have to be. There are much smaller types of changes that can be made to help improve the skin's ability to look great. Small and large changes can be made to remove the wrinkles in your skin.

These are just some of the various types of treatments that are available to you to help you to improve your skin. Take the time that it takes to choose the right one that fits your need and the budget that you have.

All About Sensitive Skin Care

'Sensitive skin care' is governed by a few basic rules. However, even before we delve into the rules for sensitive skin care, it's important to understand what a sensitive skin is. Sensitive skin is one which is unable to tolerate any unfavorable conditions (environmental/other), and which easily gets irritated on contact with foreign materials (including skin care products). For this reason, some products are especially labeled as sensitive skin care products. The degree of sensitivity can however vary from person to person (and depending on that, the sensitive skin care procedures vary too).

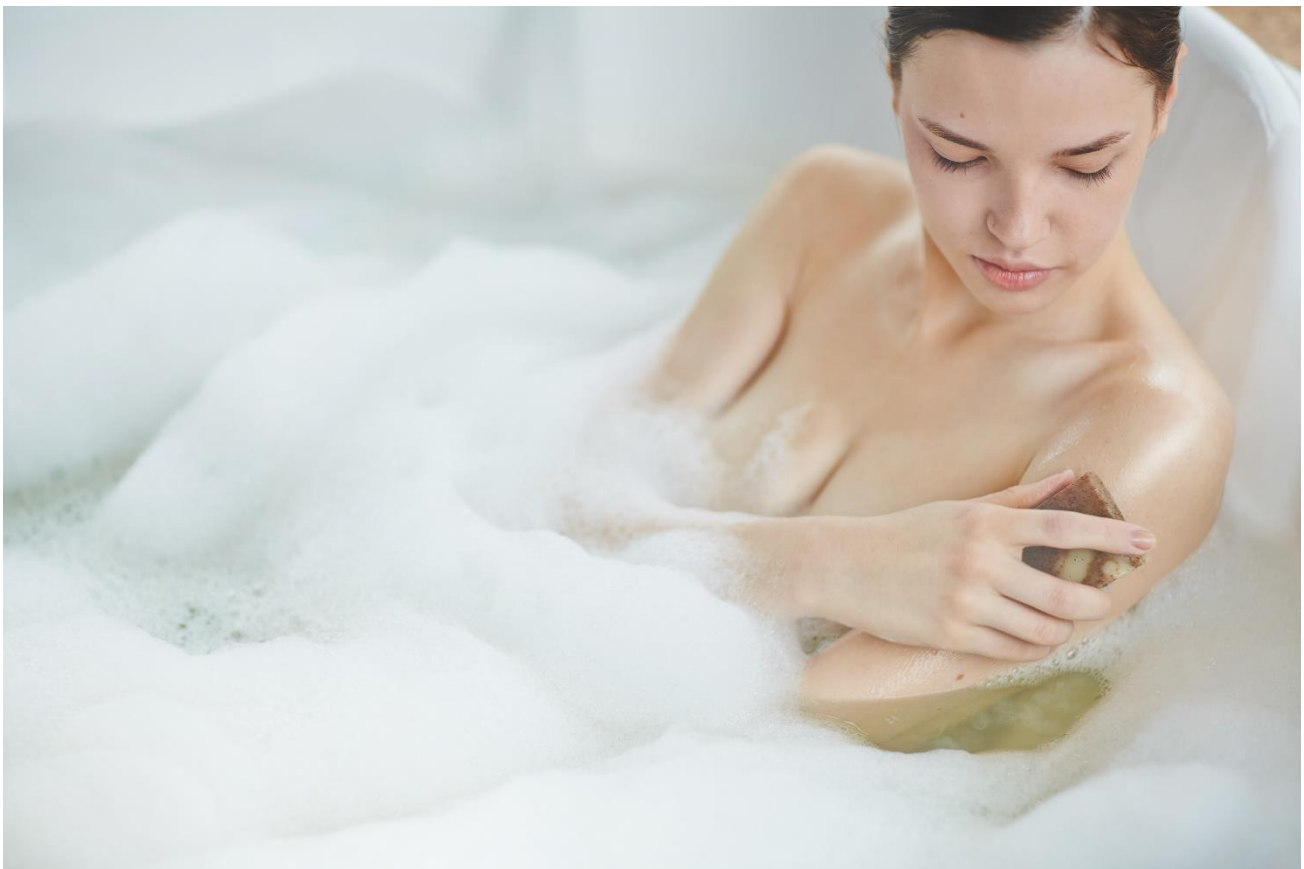
Generally, all skin types respond negatively to detergents and other chemical based products. However, the damage starts generally beyond a defined threshold (or tolerance level). This tolerance level is very low for sensitive skin types, leading to skin getting damaged very easily and quickly. Sensitive skin care products either avoid the potential irritants or keep them at very low concentrations.

Here are a few tips for sensitive skin care:

- * Use sensitive skin care products only (i.e. the products that are marked for sensitive skin care only). Also, check the instructions/ notes on the product to see if there are specific restrictions/warnings associated with the product).
- * Even within the range of sensitive skin care products, choose the one that has minimum preservatives, colorings and other additives
- * Do not use toners. Most of them are alcohol based and are not recommended for sensitive skin.
- * Wear protective gloves when doing laundry or other chemical based cleaning. If you are allergic to rubber, you can wear cotton gloves below the rubber ones.
- * Another important tip for 'sensitive skin care' is to avoid excessive exposure to sun. Apply sunscreen lotion before getting out in the sun.
- * Avoiding exposure to dust and other pollutants is also important for sensitive skin care. So, cover yourself adequately before going out.
- * Use hypoallergenic, noncomedogenic moisturizer as a sensitive skin care product (if there is none specifically labeled as a sensitive skin care product)

- * Use soap-free and alcohol free cleansers. Cleanse your face whenever you return from spending time out doors.
- * Do not scrub or exfoliate too hard. It can cause reddishness and even inflammation.
- * Do not leave the makeup on for too long. Use hypoallergenic makeup-removers.

So, sensitive skin care is very different from the normal skin care. Sensitive skin care is more about being careful with your skin (both in terms of sensitive skin care products and protection against environments atrocities on skin).



Anti-Aging Skin Care

'Anti-ageing skin care' is a very popular concept in today's world. Today everyone wants to hide their age using anti-ageing skin care procedures (and a number of people are successful too). However anti-ageing skin care is not achieved by any magic potion. 'Antiaging skin care' is about discipline. It is about being proactive. Antiaging skin care is retarding the ageing process. Here are a few tips for proactive anti-ageing skin care:

1. **Maintain healthy eating habits:** A well balanced diet is the key to maintaining a proper body metabolism. Eat a lot of fruits and vegetables (raw), they are the best source of fibre and have a very refreshing effect on your body. Avoid oily and fatty food; not only do they lack in essential nutrients but also cause obesity and other diseases which aid the aging process.
2. **Beat stress:** This is probably the most important anti-ageing skin care measure. Stress disturbs the body metabolism and accelerates the aging process. Sleep, exercise and a relaxing bath, are all good ways of beating stress. Aroma-therapy is also known to bust stress.
3. **Drink a lot of water:** Antiaging skin care can't be any simpler than this. Water helps in flushing out the toxins from the body, hence keeping it clean and making it less prone to disease. Around 8 glasses of water (per day) is recommended by all doctors.
4. **Regular exercise** is a wonderful anti-ageing skin care procedure. Besides toning your muscles, it also helps in cleaning the skin by flushing out the toxins in the form of sweat. Exercise should be followed by a warm shower in order to completely remove the toxins.
5. **Avoid the use of strong, chemical based products** on your skin. Natural skin care products are a good option. Use of organic skin care products (home made or commercial) can be a very effective anti-ageing skin care measure.
6. **Do not overuse skin care products.** Excessive and harsh application, both are harmful.
7. **Do not ignore skin disorders;** it can lead to permanent skin damage. Try over the counter medication and if that doesn't help, immediately visit your dermatologist and seek his/her advice.

8. Vitamin C based skin care products are very popular means of anti-ageing skin care. However, these seem to oxidize very quickly (which makes them harmful for the skin). So store them properly. If the product turns Yellowish brown, it means that vitamin c has oxidized and the product is no longer suitable for use.
9. Protect your skin against UV radiation; UV rays are known to speed up the aging process. So, a good sunscreen lotion should be a part of your anti-ageing skin care routine.

