

# ANTI - AGEING AND SKINCARE MADE EASY

SELECTED TIPS - 68 PAGES!

Anti-ageing And Skin-care Made Easy



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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)

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- \* 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-Ageing 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.

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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.

## Herbal Skin Care

Skin care is not a topic of recent times; it has been in practice since ancient times, when herbal skin care was probably the only way to take care of skin. However, skin care has transformed in a big way. Herbal skin care routines have been replaced by synthetic/chemical-based skin care routines. The herbal skin care recipes which once used to be common place are not so popular today (and even unknown to a large population). This transformation from herbal skin care to synthetic, can probably be attributed to two things – our laziness (or just the fast pace of lives) and the commercialization of skin care. Even herbal skin care products have been commercialized. These commercial herbal skin care products have to be mixed with preservatives in order to increase their shelf-life, hence making them less effective than the fresh ones made at home. However, it seems that things are changing fast and more people are now opting for natural and herbal skin care routines. But still, none want to make them at home and hence the commercial market of herbal skin care products is on the rise.

So what are these herbs or herbal skin care mechanisms?

Aloe Vera, which is an extract from Aloe plant, is one of the best examples of herbal skin care product. Freshly extracted aloe Vera is a natural hydrant that helps in soothing skin. It also helps in healing cuts and treating sun burns.

A number of herbs are known to possess cleansing properties. Dandelion, chamomile, lime flowers and rosemary herbs, are a few examples of such cleansers. Their herbal skin care properties get invoked when they are combined with other herbs like tea.

Antiseptics are another important part of Herbal skin care. Lavender, marigold, thyme and fennel are good examples of herbs that are known to possess antiseptic properties. Lavender water and rose water also form good toners.

Tea plays an important part in herbal skin care. Tea extracts are used for treatment of skin that has been damaged by UV radiation.

Oils prepared from herbal extracts present another means of herbal skin care. Tea tree oil, Lavender oil, borage oil and primrose oil are some popular oils used in herbal skin care. Some

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fruit oils (e.g. extracts from fruits like banana, apple and melon) find use in shower gels (as a hydrating mix)

Homeopathic treatments and aromatherapies also come under the umbrella of herbal skin care remedies.

Herbal skin care is good not only for the routine nourishing of skin but also for treatment of skin disorders like eczema and psoriasis. Most herbal skin care products don't have any side effects (the most important reason for preferring them over synthetic products) Moreover, herbal skin care products can be easily made at home, hence making them even more attractive. So, herbal skin care is the way to go. However, this does not mean that you totally discard the synthetic products. Some people go to the extent of debating with their dermatologist, if he/she suggests a synthetic product. You should accept the fact that some skin orders might need usage of clinically proven non-herbal skin care products.

## Men's Skin Care

'Man skin care' would seem like an alien topic to some men. It would have been even more alien a few years back. However, more and more men are now realizing the importance of man skin care (and hence you see markets flush with man skin care products too). Even though the male skin is very different from that of a female, 'man skin care' is very similar to the skin care for women.

'Man skin care' too starts with cleansing. Water soluble cleansers are preferred. Cleansing helps remove the dirt, grease and pollutants from the skin and helps in preventing pore clogging. The inherent oily nature of male skin makes cleansing an important part of man skin care procedure. Cleansing should be done at least once every day, even better if it is done twice a day. Using soap on the face is discouraged.

'Man skin care' revolves a lot around shaving. Shaving foam/gel/cream and after shave lotion are one of the most important man skin care products. Serious 'man skin care' requires a proper selection of shaving related equipment and products. One of the main considerations in choosing shaving products should be the skin type (since the degree of oiliness differs from person to person). Alcohol-based aftershaves should be avoided. Proper 'man skin care' also mandates the use of good quality razors. Here, swivel-head razors are preferred since they are known to reduce cuts. Besides these products and equipment, it is also necessary that you use them properly. Be gentle when using your razor. Do not scratch it against your skin; use a soft and smooth action (after all it's a matter of removing hair, not the skin itself).

Male skin is generally thicker and oilier, owing to larger pores and more active sebaceous glands. However, due to regular shaving, the skin can get dehydrated quite easily. Hence moisturizers too form an integral part of man skin care. Moisturizing gel or cream should be applied after shaving. In fact, some shaving foams/ gel have an in-built moisturizing effect too. Moisturizers should be patted gently over the face and massaged gently using upward strokes.

Though a man's skin is less susceptible to skin cancer caused by UV radiation, using a sunscreen is also an important man skin care measure. You can use a moisturizer that combines sunscreen with the moisturizing effect.



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Another good option for 'man skin care' is to use man skin care products which have natural ingredients like aloe Vera, sea salt and coconut etc. Naturally antiseptic oils e.g. lavender, tea tree etc also provide good means for man skin care.

Man skin care is not as difficult as a lot of men think. It just asks for a few minutes every day, in order to give you a healthy skin for present and for future.

## 'Personal Skin Care' Is A Routine

We all know the importance of 'personal skin care'. The opinion on how-to (for personal skin care) differs from person to person. Some people believe that going to beauty parlors every other day is personal skin care. Others believe that personal skin care is just a matter of applying some cream or lotion on your skin, every now and then. Then there are people who think that personal skin care is an event that happens once a month or once a year. Still others busy themselves with 'personal skin care' all the time. However, personal skin care is not that complicated and neither is it that expensive (considering how beneficial it is). Personal skin care is following a routine or a procedure for attending to the needs of your skin.

Even before you start with a routine, you need to determine your skin-type (oily, dry, sensitive, normal etc) and select the personal skin care products suitable for it (you might have to experiment with a few personal skin care products). Here is a routine that should work for most people with normal skin.

The first thing on personal skin care routine is 'Cleansing'. The three main ingredients of a cleanser are oil, water and surfactants (wetting agents). Oil and surfactants extract dirt and oil from your skin and water then flushes it out, thus making your skin clean. You might have to try a couple of cleansers before you find the one that suits you the best. However, you should always use soap-free cleansers. Also, you should use Luke warm water for cleansing (hot and cold water, both, cause damage to your skin). Take care that you don't over-cleanse your skin and end up damaging your skin in the process.

The second thing on the personal skin care routine is exfoliation. Skin follows a natural maintenance process wherein it removes the dead cells and replaces them with new skin cells. Exfoliation is just a way to facilitate the skin in this process. Dead skin cells are not capable of responding to personal skin care products but still consume these products, hence preventing them from reaching the new skin cells. Thus removing dead skin cells is important in order to increase the effectiveness of all personal skin care products. Generally, exfoliation takes it place just after cleansing. As with any personal skin care procedure, it's important that you understand how much exfoliation you need. Exfoliate 4-5 times per week for oily/normal skin and 1-2 times per week for dry/sensitive skin. Exfoliate a couple of times more in hot and humid weather.

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Next thing on personal skin care routine is moisturizers. This is one of the most important things in personal skin care. Even people with oily skin need moisturizers. Moisturizers not only seal the moisture in your skin cells, but also attract moisture (from air) whenever needed. Use of too much moisturizer can however clog skin pores and end up harming your skin. The amount of moisturizer needed by your skin will become apparent to you within one week of you using the moisturizer. Also, applying the moisturizer is best when your skin is still damp.

The last thing on personal skin care routine is sunscreen. A lot of moisturizers (day-time creams/moisturizers) come with UV protection – so you can get double benefits from them. Such moisturizers are recommended for all days (irrespective of whether it is sunny or cloudy).

Again, experiment with various personal skin care products and also with the amount you need to apply. What gives you best results is the best personal skin care recipe for you. However, if you have some kind of skin dilemma, it is best to consult your dermatologist before you actually start using any personal skin care products.

## Serious Skin Care

'Serious skin care' is about maintaining a healthy and glowing skin all through your life. As you grow older, your body's natural skin care mechanisms become weaker. So, 'serious skin care' is about responding to the changing needs of your skin. Thus, 'serious skin care' is about constantly evaluating, analyzing and changing your skin care routines. Your skin care routine should change based on the environmental conditions, your age and changes in your skin type.

'Serious skin care' is also about awareness. With the technological advancements and research, more and more facts are being brought to light everyday. Also, the composition and nature of skin care products seems to be changing with time. So trying out the new products is also a part of serious skin care. However, 'serious skin care' advises using a new product over a small patch of skin (not facial skin) first, just to see how your skin reacts to it.

'Serious skin care' also means knowing how to use your skin care products. Good practices include things like applying the moisturizers while the skin is damp, using upward strokes for better penetration of skin care products, removing the make up before going to bed, cleansing before moisturizing or applying make up, using the correct amount of skin care products, etc. Thus, increasing the effectiveness of your skin care products is another focus area of serious skin care.

Some precautions, like avoiding contact with detergents, are also part of serious skin care.

'Serious skin care' means being gentle with your skin. Things like over-exfoliation, use of low quality products, and application of strong-chemical based products, are all harmful to your skin. Some people have a wrong notion about serious skin care. For them serious skin care is - using large quantities of products as often as possible. However, this really isn't serious skin care (and that's why awareness is so important).

'Serious skin care' is also about visiting your dermatologist for treatment of skin disorders. Ignoring the skin disorders can be fatal for your skin and might lead to permanent damage. So, if the things don't improve with over the counter medication, you should immediately visit a dermatologist. Self-surgery e.g. squeezing of acne/pimples is a big no (it can lead to permanent damage of your skin).

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So, seriously serious skin care is more about precautions and preventive measures (than treatment). Serious skin care is about being proactive as well as reactive. In fact, we can say that 'serious skin care' is about being proactive about the needs of your skin so that the need for being reactive is reduced to a minimum.

## Skin Care Cosmetic – Useful Or Harmful?

A beautiful and healthy skin is a big confidence booster. Some people are naturally beautiful and hence don't use any 'skin care cosmetic'. Then there are others, who don't use skin care cosmetic due to their laziness. Still some feel that skin care cosmetic can harm their skin, and hence abandon the use of any kind of skin care cosmetic. However, there are a large number of people who do use skin care cosmetic (that's why the business of skin care cosmetic is prospering).

So, is skin care cosmetic useful, or is it harmful? Well, the opinions seem divided. However, one thing is for sure – Looking beautiful is surely nice and very desirable. Also, too much skin care cosmetic can surely be harmful (as such, excess of anything is harmful). So, what does one do?

The first thing is to formulate (and follow) a skin care routine that will help keep your skin healthy and disease-free. The general recommendation is to cleanse and moisturize everyday, and tone and exfoliate occasionally (as and when needed).

Next thing is the skin care cosmetics that you would be using additionally (as beauty enhancers). These skin care cosmetics could either be part of your skin care routine or be applied only on special occasions (e.g. when attending a party etc).

The most important thing with skin care cosmetic is its selection. Here is a set of rules that you should use when selecting any skin care cosmetic:

- \* The general rule is to use products that suit your skin type. This is true both for the routine products and for the skin care cosmetic. So check the label to see what it says e.g. 'for dry skin only' or 'for all skin types' etc.
- \* Test the skin care cosmetic before using it. This can be done by applying the skin care cosmetic on a small patch of skin e.g. ear lobes and checking the reaction of your skin to the product
- \* Check the ingredients of the skin care cosmetic for chemicals that you are allergic to. Do not use products that are very harsh on skin e.g. products with high alcohol concentrations; such cosmetics might work for once but cause a long-lasting damage to your skin.

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\* 'More isn't better'. Ensure that you apply the products in right quantity (neither less not more). Also, be gentle with your skin and follow the right procedures for application of skin care products. Rubbing too hard or trying to squeeze a pimple can lead to permanent damage to your skin.

\* Finally, if you have a skin disorder e.g. acne etc, you should consult your dermatologist before using any skin care cosmetic.

## The Importance Of Caring For Your Skin

“Packaging is as important as the gift itself” – it’s something that most of the gift manufacturing companies follow very closely. The same holds good for you too. Your outer-self i.e. your skin is as important as your inner-self. A lot of people do realize the importance of skin care. Well, this is one reason why there are so many skin care products in the market and most of the skin care products seem to do pretty well. We generally tend to associate skin care to just good looks. However, there is more to it than just that. There are multiple benefits associated with a healthy and glowing skin.

Firstly, it has a good effect on you yourself. It makes you feel fresh and energetic. You are able to do more work and are quicker with everything you do. More importantly, the freshness adds to your enjoyment and makes your day. So a healthy skin too plays its part in building confidence. Yes, you can take most of the credit for having achieved that (however, do leave a little for the skin care products too).

Moreover, this flow of positive energy is experienced by people around you too and you observe that even they are friendlier with you. You get more respect from others. They are more responsive to your queries. They themselves experience the freshness that you are exuding. They love working with you and for you. Yes, that’s how it works. Some people might even go ahead and ask you about the skin care products you use (you might or might not reveal those secret skin care products to them). Thus, a healthy skin can be instrumental in creating a pleasant and friendly environment around you. On the other hand, carelessness or negligence on this front can make you look unattractive and dull. You will not only look dull but also feel dull. Your work efficiency is reduced. Even the people you meet might not be as friendly. In fact, it might lead to the aging process getting started much earlier.

Thus the importance of skin care cannot be ignored. However, skin care is not that difficult at all. There are a lot of skin care products available and you can choose the ones that suit you the best. There are various ways in which skin care products are classified and the knowledge about these classifications will help you understand them better and make a selection.

\* The first categorization is based on the skin type – so you have skin care products for oily skin, skin care product for dry skin, skin care products for sensitive skin etc.



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\* Another way is to categories skin care products based on their use e.g. you have moisturizers, cleansers, skin care products for exfoliation, toners etc.

\* Then you have skin care products for treatment of various skin dilemmas i.e. skin care products for acne, skin care products for stretch marks, skin care products for anti-ageing etc.

\* Another classification is based on the ingredients e.g. herbal skin care products, synthetic skin care products, cosmetic skin care products etc.

However, skin care products are not the only way of skin care. You also need to build some basic skin care procedures in your day to day life (as we discuss in the other article on personal skin care).

## **Skin Care Treatment For The Most Common Skin Conditions**

A glowing and healthy skin is an asset. Skin is not all about beauty but also health. So, skin care treatment should be treated with all seriousness. If you develop a skin related dilemma, you need an appropriate skin care treatment. Skin care treatment, for any skin disorder, starts with actions that are aimed at prevention of the disorder (what we can also call as proactive or preventive skin care treatment). Building and following basic skin care procedures is what one could classify as preventive/proactive skin care treatment. Skin disorders can occur even if you have followed this preventive skin care treatment. Preventive skin care treatment just reduces the probability of occurrence. Let's check the skin care treatment for some of the common skin conditions.

Acne is one of the most common problems. Again, the first type of skin care treatment is to control acne and prevent it from getting worse. So avoid tight clothes; they are known to cause body acne by trapping sweat. Do not touch the blemishes over and over again (rather don't touch them at all), you might end up aggravating the condition. Also, do not try to scrub too hard or squeeze them. Use of mild cleansers is a recommended skin care treatment for acne. Obtain an over-the-counter skin care treatment for faster treatment of acne.

Skin care treatment of dry skin is generally easy. Moisturizers, applied in the right way and in the right quantity, are the best form of skin care treatment for dry skin. For best results, apply moisturizer while your skin is still damp. Also, do not apply too much or too little moisturizer. In exceptional cases, where you don't notice any improvements in 3-4 weeks, you might have to visit your dermatologist for skin care treatment of your dry skin.

Brown spots, which appear on sun-exposed areas of skin i.e. face and hands, are caused by over-exposure to UV radiations. As a skin care treatment for brown spots, use a sunscreen lotion which has a high SPF (sun protection factor), say 15. This should be used irrespective of weather – sunny/cloudy. Another form of skin care treatment is covering up the exposed areas with clothing (caps, full sleeved shirts/t-shirts, and umbrella).

Also, if the general skin care treatment or the over-the-counter medication is not working for you, you should immediately consult your dermatologist for professional skin care treatment. You should also inform the doctor about the skin care treatment that you have undertaken till

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that time. So take the details of the till-date skin care treatment (and products) along with you. Based on the skin condition and the details of your till-date skin care treatment, the dermatologist will prescribe a skin care treatment e.g. oral antibiotics, chemical peels, retinoid etc and you will be on your way to recovery.

## The Facts About Oily Skin Care

To start the discussion on oily skin care, it's imperative to first understand the cause behind oily skin. Put simply, oily skin is a result of excessive production of sebum (an oily substance that is naturally produced by skin). As is known to everyone, excess of everything is bad; so excessive sebum is bad too. It leads to clogging of skin pores, resulting in accumulation of dead cells and hence formation of pimples/acne. Moreover, oily skin spoils your looks too. So, 'oily skin care' is as important as the 'skin care' for other types of skin.

The basic aim of 'oily skin care' is the removal of excessive sebum or oil from the skin. However, oily skin care procedures should not lead to complete removal of oil. 'Oily skin care' starts with the use of a cleanser. However, not all cleansers will work. You need a cleanser which contains salicylic acid i.e. a beta-hydroxy acid that retards the rate of sebum production. Cleansing should be done twice a day (and even more in hot and humid conditions).

Most of the oily skin care products are oil-free; however, it is always good to check the ingredients of the product, before you actually buy it. This is especially important if a product is marked as 'suitable for all skin types', instead of 'oily skin care product'. 'Oily skin care' is also dependent on the degree of oiliness, if you aren't too oily, so some of these 'suitable for all'-type of products might be work for you too. For extremely oily skin, only oily skin care products are suitable. Your oily skin care routine can include an alcohol based toner (for an extremely oily skin). This can be the second step in your oily skin care routine i.e. just after cleansing. However, excessive toning can harm your skin.

The next step in your oily skin care routine can be a mild moisturizer. Again, the degree of oiliness of your skin will determine whether you need to include this in your oily skin care routine. If you do decide to include a moisturizer, be sure to use one that is oil-free, wax-free and lipid-free.

You could also use a clay mask (say once a week) as an oily skin care measure.

As far as the oily skin care products go, you might need to try out a few before you arrive at the one that is really suitable for your skin.

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In case these measures don't give you the desired result, consult a good dermatologist for advice. He could prescribe stronger oily skin care products like vitamin A creams, retinoids, sulphur creams etc , which can help counter the problems of oily skin.

## Tips For Make Up And Skin Care

'Make up and skin care' is generally regarded as women's forte. Men seldom indulge in 'Make up and skin care'. Many men do care for their skin but make up is really alien to most men. Treating make up and skin care as different topics wouldn't make sense; after all, make up will work only if the skin is healthy. So how do you exercise make up and skin care, together? Here are some tips for make up and skin care:

- \* Always have skin care on mind, whether you are buying products for make up or actually applying them onto your skin after you have bought them. So what you are buying is a 'make up and skin care' product, not just a make up product. Check the ingredients to see if it contains things that you might be allergic to. Also check if it contains high concentration chemicals that can harm your skin.
- \* 'Make up and skin care' is also about testing the products before using them. So, apply the make up on a small patch of skin e.g. earlobes and check how your skin reacts to it.
- \* Keep track of expiry date on your make up products and never use them beyond the expiry date. In fact some products (e.g. vitamin C based products), if not stored properly, get spoilt much earlier than the expiry date.
- \* Cleanliness is an important part of make up and skin care procedure. Sharpen your eye-liners regularly and keep all your makeup equipment clean at all times. You might fix a date, each month, for overhauling of your equipment. As part of cleanliness, your make up and skin care procedure should also include keeping your hair clean at all times.
- \* Nail care is another important aspect of make up and skin care. Use a good quality nail polish and always keep your nails clean. Once you are done with cleaning and polishing your nails, you should rub in cuticle oil at the edges of the nail.
- \* If you have deep-set eyes, you should use a liquid eye liner instead of a pencil one. This will prevent smudging at the deep edges of your eye-lid.

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\* If you have a skin disorder e.g. acne, you should not apply heavy or chemical based make up. Consult your dermatologist if you are not sure about the make up products that you can use while you have acne or other skin disorder. Never try to squeeze pimples/ acne. Remember that make up and skin care should not conflict each other.

\* Use a mild make up remover (instead of just washing it away).

\* Another important 'make up and skin care' procedure is the following golden rule: "Never sleep with your make up on"

\* While applying a deodorant, make sure that you maintain the recommended distance between the nozzle and your skin (as mentioned on the deodorant pack).

So, make up and skin care should always go hand in hand. Do not try to treat make up and skin care differently.

## Top 10 Skin Care Tips

Healthy skin is really one of the most important ingredients for beauty-enhancement. This article on skin care tips is an effort to bring the 10 best skin care tips to you. The list of skin care tips has been restricted to 10 because anything more that that would not only be difficult to remember, but also shadow the more important skin care tips. So let's see what these top ten skin care tips are:

- \* Knowing your skin type is one of the most important skin care tip. This is important because not every skin care product suits everyone. In fact, all the skin care products specify the type of skin they cater too.
- \* 'Drink a lot of water'. This will not keep your skin moist but will help in overall upkeep of your health (and in turn your skin). It might seem a bit awkward to some, however, this is an important skin care tip.
- \* Cleanse your skin regularly (1-2 times everyday). A very effective skin care tip that helps in getting rid of the dirt and other harsh elements from your skin. Cleansing is especially important when you have been out of your house (and hence exposed to pollutants, dust etc). This skin care tip also advocates the use of Luke warm water for cleansing (hot and cold water, both, cause damage to your skin)
- \* Be gentle, after all it's your skin. Don't scrub/exfoliate too hard or too often. Similarly, don't apply too much or too many skin care products. A must-to-follow skin care tip.
- \* Keep your skin moist at all times. This is one of the most important skin care tip. Don't let your skin get dry. Dryness causes the outer layer of your skin to break, leading to a rough and unattractive appearance. Use moisturizers/ emollients. Moisturizers work best when applied while the skin is still damp.
- \* Avoid the use of soap on your face. Soap should only be used from below the neck. A small but important skin care tip.
- \* Use sunscreen to protect yourself from sun's harmful UV radiations. You can use day-time moisturizers that have sunscreen built into them. Use them even when it's cloudy. UV radiations are known to cause skin cancer, so follow this skin care tip without fail.
- \* A bit of exercise and good sleep are essential too, not just for skin care but for your health as a whole. Lack of sleep can lead to formation of wrinkles below your eyes and lack of exercise can cause your skin to slack. Moreover, exercise and sleep also help in beating stress. So besides being a skin care tip, this is also a health care tip.



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\* Treat skin dilemmas with care. This skin care tip is about not ignoring any skin dilemmas. Consult your dermatologist before you go on to use a skin care product (lest you do end up harming your skin even more).

\* Beat the stress. The harmful effects of stress are known to everyone, however, sometimes stating the obvious is essential too (and hence this skin care tip found its place here). Yes, stress harms skin too. So, take a break or indulge in a warm bubble bath or just get good sleep.

## Vitamin C Skin Care – The Challenge

Vitamin C is often regarded as a wrinkle fighter or an anti-aging agent. The main objective of 'Vitamin C skin care', in scientific terms, is to increase the synthesis of collagen (a structural protein that is found in skin). The additional benefit of 'Vitamin C skin care' is related to its capability of countering free radicals which cause damage to the skin.

Vitamin C skin care, however, faces a major challenge today. This is related to the oxidation tendency of Vitamin C skin care products. On coming in contact with any oxidizing agent (e.g. air), the Vitamin C in the Vitamin C skin care products, gets oxidized; thus making the Vitamin C skin care product useless (in fact counter-effective). The oxidized Vitamin C imparts a yellowish-brown color to the Vitamin C skin care product. This is something that you need to check before buying a Vitamin C skin care product. Even after you buy a Vitamin C skin care product, you need to store it properly and keep checking that it's still good to use (i.e. it hasn't attained a yellowish-brown texture).

The manufacturers of Vitamin C skin care products have tried to deal with this (oxidation) problem in multiple ways (and research on Vitamin C skin care products is on the top of their list). One such method of retaining effectiveness of Vitamin C skin care products for a long term is to keep a high concentration (say 10%) of Vitamin C. However, this makes the Vitamin C skin care products even more expensive. The Vitamin C skin care products are already pretty inexpensive and making them even more expensive will throw the product manufacturers out of business. The other way is to use Vitamin C derivatives (like ascorbyl palmitate and magnesium ascorbyl phosphate). These are not only more stable but also inexpensive. Even though the derivatives based products are not as effective as the Vitamin C skin care products, their stability against oxidation is a very desirable feature that makes them very attractive. Moreover, these are known to be less irritating too.

Talking of effectiveness of Vitamin C skin care products, it's important to mention that not everyone responds to Vitamin C treatments. So it's not a magic potion in any way. If you don't see a noticeable difference in your skin, it might be because of your skin not responding to Vitamin C treatment (and the Vitamin C skin care products might not be at fault, at all).

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As more research goes on, one can only keep our fingers crossed and wait for a complete solution to the challenges faced by 'Vitamin C skin care' today.

## What Is Natural Skin Care?

Put simply, 'natural skin care' is caring for your skin in a natural and chemical-free way. 'Natural skin care' advocates enabling the skin to take care of itself (without any assistance from synthetic materials/ chemicals). 'Natural skin care' is about inculcation of good habits in the way you lead your day to day life. A lot of natural skin care measures are actually the same as those for body care in general.

So let's see what these natural skin care measures are.

Well the first and the foremost natural skin care measure is – 'Drink a lot of water'. Around 8 glasses of water is a must everyday. Water helps in flushing out the toxins from the body, in a natural way. It helps in the overall upkeep of the body and promotes good health for all organs (not just skin).

General cleanliness is another inexpensive way of natural skin care. Daily shower, wearing clean clothes and sleeping on a clean mattress/pillow are all part of general cleanliness. After all, clean skin is the key to keeping the skin disorders at bay.

Regular exercise is the next thing on the cards. Exercise increases the flow of blood that helps in getting rid of body toxins and keeping you healthy. Exercise also helps in beating stress which is the worst enemy of good health.

Healthy food and eating habits are also recommended for natural skin care. Some type of food (e.g. oily food) is know to cause acne and should be avoided as much as possible. Your diet should be a healthy mix of various nutrient providing foods. Raw fruits and vegetables are known to provide freshness to your body and help in getting rid of body toxins.

A good sleep is also instrumental in maintaining good health and in beating stress. As a natural skin care measure, a good sleep delays slacking of skin.

Beating stress is another natural skin care therapy. Stress causes overall damage to body and health. Drinking a lot of water, getting a sound sleep and exercise has already been mentioned as stress busters. Indulging in a warm bubble bath, listening to music and playing your favorite

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sport are also good ways of beating stress. Yoga is yet another way of beating stress; it is fast gaining popularity amongst the masses.

Avoiding excessive exposure to sun (by wearing long sleeved clothes, hat and umbrella etc), is another natural skin care strategy. Sunscreen lotions are also recommended as necessary.

A lot of traditional and home made natural skin care products/ measures are also known to be very effective. Such measures are not only natural and easy-to-follow, but also relatively inexpensive.

Besides that, a lot of natural skin care products are available in the commercial market. These include things like lavender oil, aloe Vera etc., which don't have any side effects.

## Which Is The Best Skin Care Product?

There is really nothing like a best skin care product. There really can't be anything like 'The best skin care product', because skin care products work differently for different people (based on the skin type to some extent). A product that is the 'best skin care product' for one person might end up being the worst for another person. So, a more logical question to ask would be 'What is the best skin care product for my type of skin?' However, this still is not completely logical. We tend to segregate people into 4 groups based on their skin types – i.e. dry skin, oily skin, normal skin and sensitive skin. However, this classification is just too broad to be used definitively in determining the best skin care product. We can say 'best skin care product for a dry skin' or 'best skin care product for an oily skin' are better statements than just 'best skin care product'. But really, that is what it is – 'better'; still not accurate.

So, it really comes to rephrasing the question to – 'What is the best skin care product for me'. Yes, this is exactly the question that you should be asking, and unfortunately there is no easy answer for this. Arriving at the best skin care product for self will need some effort on your part.

First of all, you need to understand how the skin care products work. This is simple. You can consider all 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 need to work for your skin, in order for the product to be effective (and move on to become the best skin care product for you).

Besides the ingredients, the way you apply your skin care products is equally important. In fact, this is even more important. If you do not know how to apply skin care products, you might forever be hunting for the best skin care product for yourself, when that has already passed you. Moreover, it's also important to decide on the frequency of application (of the skin care product). The environmental factors - temperature, humidity and pollution level, also affect the selection of best skin care product. Here are a few rules that you could use to ensure that your best skin care product is really the best for you:

- \* Cleanse your skin before applying that best skin care product.
- \* Use a makeup remover instead of plain water and remove your makeup before going to bed.

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\* The effectiveness of active ingredients is reduced when applied over another product e.g. over moisturizer. So apply that best skin care product first and then apply a bit of moisturizer if needed.

\* Apply the products on moist and warm skin.

\* You will have to experiment with a few products before you arrive at the one that is the best skin care product for you.

\* Do not exfoliate too much or too hard.

\* Vary your skin care routine as per the seasons (winter/summer etc), changes in environmental factors and changes in your skin type

Note that the best skin care product cannot be determined overnight. It's only through experiment (and awareness) that you can find the 'Best skin care product' (for you).

## Reducing Wrinkles: Is There A Way?

Reducing wrinkles is something that many of us look forward to doing. As the body ages, so does the skin. The sun, our diets and just our hereditary genes play a role in just how much we have to deal with this condition. One thing is for sure. If you don't want to look your age, wrinkles are something that should be on your mind. Engraved in the minds of all of us is that thought that if we have wrinkles, that it is a sign of being old. Yet, remember that wrinkles can happen at virtually any time during your life. That means, you may look older than you feel or actually are.

One of the most important things for you to do in order to tackle the well being of your skin is to be educated about it. Start by taking a look at what a wrinkle actually is. It is a ridge where the skin is no longer flat. Fine wrinkles just look like tiny lines but they are the first stages of much more drastic looking wrinkles. The folds of your skin, which is what wrinkles really are, can happen for a number of reasons. In theory, they are due to the skin becoming more elastic and the tissue underneath the skin becoming too loose or even removed partially.

Why did you have to get wrinkles? Most of the time, wrinkles are a part of everyone's aging process. The skin becomes looser as a result of losing collagen underneath. When that happens, the skin will fold naturally with gravity. For some, the extreme amount of wrinkles that they have can be due to over exposure to the sun, to a lack of a nutritious diet and even to hereditary factors.

Is there something that you can do about these conditions? There are. In fact, there are many things that you can do. Start with giving yourself the nutrients that your body needs to keep your skin looking amazing. There are over the counter treatments for wrinkles, too. Some of these work, while others do not. You can resort to plastic surgery or to chemical injections to restore the missing collagen. There are a number of ways to improve the look of your face and skin.



## 5 Tips In Reducing Wrinkles

Reducing wrinkles is something most will want to consider at some point. Often, people will not realize that they are aging until one day, they look in the mirror and see for the first time the wrinkles. Sure, it took a very long time for them to get there, but that doesn't mean that you saw this coming. What's more is that for many, wrinkles are going to happen no matter what you do. It's in your genes! These facts are not always understood, though. And, when you want to find a solution that will allow you to actually remove the wrinkles on your face, consider these things.

1. Eat the right foods. Fill your day with dark green vegetables, deep reds, orange colors and more. Consuming these products will give your body the nutrients and the antioxidants it needs to keep your blood flowing. This helps to keep your skin hydrated and fighting off wrinkles.
2. Wear protective sun screen any time that you come into contact with the sun. Even in the winter or on overcast days, the UV rays come through and your skin needs protection. The sun is the #1 causing agent in early wrinkles.
3. Exfoliate. If you allow your skin to have a fresh start weekly, then it will always look young. There are many creams and washes that can be used to provide this help to you, too. It can be as simple as washing your face with them.
4. When considering wrinkle creams, look for those that contain Vitamin A, Vitamin C and Vitamin E in them. These are ideal for helping to fight off the wrinkles and restoring life to your skin again.
5. Remove make up and excess oils from your face often. If you don't allow your skin the health that it needs, you will find yourself in trouble with wrinkles. Don't dry out your skin, either, though. Removing the debris from your pores is a must for healthy looking skin and fewer wrinkles.

Although there are no products that can guarantee that they will allow you to remove the wrinkles on your face and neck, there are many ways that you can improve the skin quality that you have. If you seek out a high quality product and practice good health standards, the end result is a better looking you.

## Reducing Wrinkles: Can Diet Help?

When it comes to having a healthy diet, experts will tell you that most Americans just don't get it. Yet, if you are aging, now is the most important time in your life to be thinking about this factor. What you eat plays a large role in the healthy glow that you have. If you don't eat well, you are more prone to having to deal with dreaded wrinkles. If you would like to reduce wrinkles, one of the best things for you to do is to eat a well balanced diet.

There are many things that play a role in the health of your body. While germs and hereditary do play a role to some degree in your wrinkles; that is not all that effects it. In fact, many women and men will have wrinkles well before the age deems it to be necessary. This has a lot to do with the healthy diet that you probably are not getting.

### **Diet? Dieting For Wrinkles?**

How can your diet actually affect your wrinkles? First and foremost, understand that wrinkles can be caused by a number of things including the inability of the body to keep hold of a substance called collagen. When your body loses this, it your skin will become looser and that leads to wrinkles. If you give your body the right nutrients to power through these situations, you can actually walk away with fewer wrinkles and improve skin care.

One thing to consider eating is more vegetables. Vegetables contain antioxidants which are true warriors in fighting many health risks. These compounds get into your blood stream and literally clean out the cells. By doing this, they allow blood to easily work through the body. When that happens, your skin looks amazing and full. In fact, antioxidants are a key role playing in reducing your wrinkles.

What should you eat? To reduce the wrinkles that you currently have or to help prevent even more from showing up, consume a diet that is rich in antioxidants. Eat a diet that is balanced in fresh vegetables, lean meats and unsaturated fats. These things will lead to a healthy diet that offers many benefits to your overall well being. When you give your body the tools that it needs, it will be better able to reduce wrinkles and give you glowing beautiful skin.

## Reducing Wrinkles: Over The Counter Wrinkle Cream

When it comes to reducing wrinkles, there are a number of different over the counter cream products that you could use. Many times, these are promised to you as a miracle cure for your wrinkles, allowing you to easily apply the cream and watch the wrinkles fade away. Do you realize just how nearly impossible that is? It didn't take your skin just a few days to produce those wrinkles and it is likely to take more than a few days to get rid of them, too. Now, before you write off these creams as something that just doesn't work, consider how they actually can work for you.

Some over the counter wrinkle creams have shown some benefit in reducing wrinkles, although not all do. If you plan to use this method to fight your wrinkles, then make sure that the product that you select contains the following ingredients which have been linked to improving the quality of your skin. While all of these ingredients haven't been researched enough to give you full guarantees, these seem to be the most effective at fighting wrinkles and restoring a healthy look to the face.

- **Vitamin A:** This antioxidant has been one of the forerunners in reducing wrinkles. Look for skin creams and wrinkle reducers that have this in them, but make sure that it is as high of an amount as possible. This vitamin helps to break down free radicals which cause your skin cells to break down.
- **Hydroxy Acids:** Here is an exfoliating product to consider. You want a wrinkle cream that will offer this as it will remove the top layers of dead skin and help your skin to produce new skin that is healthy looking.
- **Alpha Lipoic Acid:** This is an antioxidant that can help by penetrating cell membranes. When it does this, it helps to get rid of free radicals that break down the cells in your skin. This also works well at increasing the effectiveness of other antioxidants that do the same job. Vitamin C and Vitamin E are great choices.

If you are looking to reduce wrinkles through the use of over the counter creams, skin lotions and agents, then consider only those that offer a good amount of these products in them. They are shown to be the most beneficial to improving the look of the skin and reducing the appearance of wrinkles all together.

## Reducing Wrinkles: Understanding Botox

To reduce wrinkles, consider Botox. Many people are looking for a solution that will help them to get rid of the wrinkles that have been creeping up on them over the course of a lifetime. Although most people do not realize that through healthy skin management and a good diet they can reduce the number of wrinkles they have, many are considering chemical injections such as Botox. If you are thinking about, consider these facts about Botox and others like it first.

### **What Is It?**

Botox is administered through injections directly into the skin's under layers. There, it helps by relaxing the facial muscles that are surrounding your wrinkles. This makes them actually be less noticeable. Because the muscles are relaxed, the skin lays smoother, allowing for fewer noticeable wrinkles there. The actual substance that is injected is botulinum toxin type A which is a purified and safe form of the toxin that causes botulism. The injections are not all that painful and are often considered to be a quick fix to the problem of wrinkles. Yet, is this the right choice for you?

### **Where Can You Use It?**

Botox can be used in several ways and will have the same effect in each area that it is used. The most common areas for them is at the corners of the eyes, the frown lines that run between your eyebrows and the bridge of your nose, your forehead and the wrinkle bands in the neck area.

What you should know is that Botox won't work if your wrinkles have been caused by sun damage. It also doesn't work on all wrinkles found in your face. Also, for some, the thickness of the skin and the type of skin that you have will effect how effective Botox will be for you.

Is Botox the right thing for you? To find out if you qualify and if in fact it would be beneficial to your wrinkles, consider talking to a specialist. Remember that Botox is a not a cure and that you will need to continue having the procedure done to keep the wrinkles at bay. Over time, it may not be as effective for you as more wrinkles develop. Nevertheless, many women are finding that Botox is the perfect solution to their need for reducing wrinkles.

## Reducing Wrinkles: Using Home Remedies

Did you think you could reduce your wrinkles with the use of some pretty good home remedies? The fact is that there are many things that you have laying around the home that can be beneficial to your health. Some of these remedies are passed down thousands of years. Why have they lasted so long? Perhaps because of just how beneficial they can be.

While there is no real way of getting rid of all the wrinkles that you have, many of these products can offer a wide range of benefits to you helping to stop wrinkles from worsening and keeping them from being very noticeable.

Here are a few great tips for getting rid of wrinkles through the use of home remedies.

1. Get a massage. When you get a good massage, your body is going to feel good, but it is also going to look good. A massage will actually stimulate the blood flowing through your body, helping to clean out and restore cells faster and more effectively. Your muscles are looser, too, helping to relax those wrinkles.
2. Make a solution of turmeric powder and sugarcane juice (one part to one part) to use on your wrinkles. Apply to your wrinkled areas daily to see results.
3. Green Thompson seedless grapes can also be helpful. Squeeze them and apply the juice to your face. Let it sit for about twenty minutes and rinse.
4. Use the juice of green pineapples and applies on your face daily. Leave it in place for at least ten minutes. This will also help to remove cracked skin that you may have.
5. For finer lines, use the core of a pineapple on your skin. Keep it on the sink for at least ten minutes and then rinse with warm water. This will help to get rid of some of those fine wrinkles that you know will end up being larger ones.

Home remedies that can help reduce wrinkles are safe unless you are allergic to the product. There are hundreds of other choices out there as well. If you are interested in finding the best home remedies for your skin care needs, take a look into your pantry and forget about the costly skin care regimens that are available.

## Reducing Wrinkles: Using Laser Resurfacing

When it comes to the wrinkles that you have, whether you want to admit it or not, you have to do something about them. You may have those fine lines filling in under your eyes. Or, you may be looking at the laugh lines that just don't look at all funny any more. Wrinkles are a true sign that you are aging. But, remember, you only are as young as you feel. With that in mind, consider how laser resurfacing can be the treatment that you are after to reduce the signs of aging that are creeping up on you.

First off, what is it? Laser resurfacing is just what it sounds like. With the help of a laser, your old, damaged and aged looking skin is removed. This allows your body to naturally produce new skin that is healthier, younger looking and with fewer noticeable wrinkles. In all effects, nothing can truly remove every wrinkle on your face. But, laser resurfacing has shown to be quite potentially beneficial to many people.

Laser resurfacing will actually work in a number of cases. It is most effective on the fine wrinkles of your skin, but works on moderate wrinkles too. It also can help with other aging signs such as liver spots or aging spots. If you have skin that has been damaged by the ever pounding sun that too can be helped. Did you have a lot of acne growing up that left you with scars? All of these things can potentially be benefited through the use of laser resurfacing.

The process is not that difficult. You will face a small light energy laser that will very quickly and effectively destroy the very top level of skin on the areas that are to be treated. It will then heat the underlying skin called the dermis enough that it will stimulate the skin to grow. Because it has removed the top layer of skin, your body will need to regenerate the area with new skin. The skin that comes in will be healthy and will have less noticeable wrinkles.

Is laser resurfacing the right treatment for your wrinkles? Many have used it and found great success. The best possible solution for you is to find the best qualified technician to do the work for you as skill plays a great deal of a role in the quality of the procedure.

## Reducing Wrinkles: Do Over The Counter Remedies Work?

There are hundreds of products on the market that claim to be able to offer you a wide range of wrinkle reducing elements. If you walk into a department store and take a look at the counters of products, you are sure to find an entire section that is just full of wrinkle creams of one type or another. Do they work? If you ask the sales person if they do they are sure to tell you about some miracle product that they used. Really, though, there are a number of factors that play a role in just if the product will work. The bottom line, though, is that not all wrinkle reducing creams do.

It is up to you to find those that do work though. To help you, here are a number of tips to help you to find the best possible solution to your wrinkle needs.

1. Take a look at the ingredients. If you are purchasing through the web or you are purchasing locally, take a look at the ingredients. Sure, there are words you don't know there. But, you should be able to see a number of helpful vitamins included. Vitamin A is the most important as it is one of the best wrinkle fighters out there. Look for Vitamin C and Vitamin E, too.
2. Take a browse through the internet. There are more product potentials on the web than any store can provide. What's more is that the name brand is absolutely
3. No indication of the quality of the product. In fact, it may not be one that works well for you at all, while another generic will. Keep your options open here.
4. Look forward to what others say to you. Wrinkle creams are not inexpensive and for that reason, you need the advice and expert opinion of others. Make sure that you are comparing their conditions to your own only if they match. Also, realize that they may or may not have used the product as it was directed. Nevertheless, online reviews of various wrinkle reducing products will help you to make a decision.

You deserve quality and for that reason you should select only wrinkle creams that can give it to you. The fact is that there are many that can offer benefits, but just as many if not more that are leading you on.

## Reducing Wrinkles: Start With Prevention

When it comes to wrinkles, there are many reasons why you may get them. But, the fact is that you will continue to get more and they can even deepen if you don't take measures early on to stop them. There are many types of wrinkle products on the market. Home remedies and cosmetic surgeries can help you to reduce the wrinkles that you have, too. But, before you go through with that, you should realize that there are also a number of different resources available to you to help you to prevent even more wrinkles from showing up.

### How To Prevent Wrinkles

- **Stay out of the sun.** Using sunscreen anytime that you go outdoors doesn't sound like fun, but it is, in fact the best method to keeping age spots and wrinkles at bay. Although most do not realize it, sun is one of the worst factors that you can experience for your skin. It sucks out the moisture and the UV light can cause much more serious conditions than just wrinkles including skin cancers.
- **Use a daily regimen.** Having a good quality cleansing regimen will also help to keep your skin healthy and glowing rather than hurting and painful. There are a number of ways to do this, but you want to make sure of several key things. First, find a cleanser that will remove make up and oils from your skin, without drying it out. If you have dry skin, look for a moisturizer. You also want to incorporate an exfoliating product into your regimen as this will help to remove the top layers of dead skin cells and allow for a more beautiful look.
- **Eat a diet rich in antioxidants.** This will even help you to remove the wrinkles that you already have. A diet that is rich in healthy vegetables is the perfect place to start. Look for deep colored vegetables for the very best results. Antioxidants work to remove free radicals which are like debris that clogs up your blood flow and your cells. Removing them helps to keep your skin healthy.

Reducing wrinkles is a must. Those that are looking for a way to gain the benefits of healthy skin and the reduction of wrinkles need to work on not only removing what they have but also preventing more wrinkles from taking shape.



## Reducing Wrinkles Through A Facelift

Are you wondering just how you can improve the quality of your skin? Are you trying to understand just how you can get rid of the age lines that life has given you? You may then be considering a facelift. A facelift is not as drastic as it sounds, but it is still an elective surgery that does have some complication risk factors as all surgeries do. Is this the right treatment for you?

### **What Is It?**

A facelift is a procedure that has the potential of doing several things for you. First, it will help to tighten loose skin on your face and neck. This helps you to get rid of the wrinkles that are there. A facelift is drastic enough to help even some of the worst wrinkles to look much less noticeable if not remove them. It is helpful for the area around the nose and the mouth, as well as helping to remove the fat from the neck area. If you are concerned about your body's ability to look young, this is one method to handle it.

There are various types of facelifts that are available. For example, the smallest are called feather lifts which will do very little invasive surgery to help remove a few wrinkles in the desired location. More in depth coverage is that of the deep plane lifts which will help to tighten large muscle groups in contrasts. When you have a facelift, you may even want to consider implants. These can be placed in your cheekbones, in your jaw or in other areas to help define your skin's natural beauty and remove the wrinkles there.

When it comes to the costs of a facelift, there are many differences. There are several factors that play a role in that decision. For example, the expertise and how well known your doctor is will make it more or less costly. Various areas of the country offer different price scales too with the most expensive locations being that of California and New York. In addition, the type of procedure that you have done will also determine the extent of the cost.

Is a facelift the right decision for you? Many people have had this procedure done and have walked out of the doctor's office looking 10, 20 or more years younger with the reduction of wrinkles.

## Anti Aging: Can You Defy The Odds?

Anti aging is a term that is used heavily today. Yet, there are many ways in which you can see a better skin or improved health and even defy the odds of getting older. As your body ages, each part of it seems to function less optimally and that's where the problem often lies. But, if you can successfully manage to provide for the needs that your body is now lacking, you may actually be able to successfully find the rewards that you are looking for and at least look at young as you feel.

Anti aging options are many, that's the first thing that you will see when you do a simple search for them. But, before you do that, and get yourself bombarded with countless spam emails that seem to offer no real benefit, look at what it is that your body is requiring. Often, it is just a matter of providing for the new needs your body has. When you were born, your parents provided the highest quality nutrition so that your body could grow. Later, when you were a young adult, you found ways to eat the right way and do the necessary things to maintain your weight. As you age, you need to consider your body's new needs and provide for them. That's the trick.

What does your body require that you are not providing for? If you are aging, one of the first things to consider is calcium for strong bones. Without added calcium, your bodies need still increases and to get the calcium that is required it must go to your bones to get it. That weakens bones, causes pain and even can lead to additional injury. But, what about anti aging for the skin?

The skin ages in its own way. The body doesn't produce the collagen that it used to which causes your wrinkles to appear. There simply is not enough fat under the skin to allow the skin to stand up. To remedy this problem, simply invest in a nutritious diet rich with antioxidants. Or, you can look towards injections and cosmetic touch ups that will help to restore some of that lost collagen.

Finding out what your body needs and then adding addition resources to it to help provide for those needs is a great way to avoid aging and defy the odds. You can increase your body's ability to defy age by providing for your needs now, while you still have the ability to do so.

## Cosmetic Surgeons For Anti Aging: How To Choose

There are a number of things to consider when it comes to anti aging. It starts with knowing if cosmetic surgery is right for you. If so, and it is the right decision for many, it's important to take your time and find the right surgeon for the process. If you don't invest in this process, you can find yourself having to have multiply surgeries when it could have only taken one. Cosmetic surgeons seem to improve with experience. With more experience, they are more confident and precise. These are things you definitely want to experience when it comes to your cosmetic needs for anti aging solutions.

### **How To Find The Right Doctor**

Before you venture into the doctor's office, do your homework at home first. The first thing to do is to learn about the doctor's record. You can do this by looking them up online, using the Better Business Bureau, calling on your local regulating services and just from looking for reviews of the individual right online. You are sure to find other patients that have worked with him as well as others that have a personal history with other aspects of that doctor. The goal is to learn if he or she has the experience that is positive for your needs.

Next, set up a meeting with the doctor to talk about your cosmetic surgery. Go with your interests here. If you don't like them, can't understand what they are saying to you or find that they are not meeting your needs by addressing what is important for you, then don't use them. Most consultations are a question and answer session which will allow you to pick the person that is most credible to you. This is also a great time to ask questions about the past and to see before and after shots that they've personally done as well. Will they allow you to talk with other patients? Do they answer your questions clearly? The bottom line here is if you like and trusts the doctor. If you do, then proceed.

Getting some additional information and research in on your doctor is an important consideration. It will help you to feel good about the person that you are putting your life and looks in the hands of. With a few extra minutes of doing these things, you are sure to feel better about the whole process and even gain benefits of better anti aging solutions.

## Consider Anti Aging Techniques Carefully

Did you know that the market for anti aging products will reach well over 42 billion dollars this year? The problem with a market that is that large is that many times there are products and needs that just don't work in with those that do work. As individuals and businesses see the growing demands that customers have, they are more likely than ever to increase their products so that they too can get a chunk of that money. Yet, many times, their products are not worth the price that you'll pay for them. In that regard, you need to pay attention and do your homework.

### **Why It Matters**

On the market at any given time, there are thousands of products claiming to be the next big thing for anti aging. Some individuals find that there are elements that need their attention more so than others. When it comes to purchasing anti aging products, you need to pay attention. Here are some tips to help you to make the right decisions about the anti aging products you purchase and use.

1. **Do your homework.** Take the time to look up the company that makes the product. You can do this right online at the Better Business Bureau's website. Find out what type of problems they have, if any, so that you don't make the same mistakes that others do.
2. **Look for information from other users.** Often times, you can find reviews of products that can really fill your needs. Take a look at the types of products available and then look for reviews of them. Find out what others have found out about those products. Are they really worth the cost?
3. **Find out why they work.** Just because something has natural elements in it does not mean that it is going to offer your fewer wrinkles. Find out if the science behind it really does make sense. A product that can't provide this for you is one that you should avoid.

There is no doubt that you need to invest a few extra minutes in finding the right anti aging products for your needs. In many cases, this extra time will pay off as you will have the absolute best products and the best overall investment that you can.

## Anti Aging Through Calorie Restriction

One method of anti aging techniques that seems to be quite effective is that of reducing the number of calories that are consumed. This theory is one that is not fully understood, by any means, but it is something that should be carefully considered anyway. Why does calorie restriction help the body to lose weight? The evidence of it happening is clear, but why this happens most doctors are not too sure. Nevertheless, it is an excellent option for individuals looking for a way to defy aging signs throughout their body.

### **What Is Likely Happening**

Calorie restriction helps to delay disease as well as extended life. The thought behind this type of anti aging solution is that by reducing the number of calories you consume will also reduce the amount of insulin that your body makes. With this reduction in insulin, you will see the signs of aging lowering. That's because insulin is also an accelerant of the aging process.

With reduced calories we see benefits because of the lower oxidative stresses from those calories as well. You've heard the benefits of antioxidants. By eating foods in a less way, there is less "bad" getting in with the potential of more good, antioxidants getting in. This too can help you to increase the wellness in your body.

For calorie restriction to work for you, though, you need to work with your dietician and learn what foods are must haves and which should be avoided. You aren't necessarily going to cut out everything, but every calorie must count in this plan, instead of allowing empty calories into your diet. You also will need to avoid meal replacement solutions as these rarely offer the same benefits as good, wholesome nutrition. You can even find out which foods are considered super foods in that they provide high levels of nutrition with good levels of calories.

If you do choose a calorie restriction method of anti aging, go for it with the aid and advice of your doctor. You should look at what you are eating and not try to just cut back on how much you are eating. The goal here is not to starve yourself in any way. Instead, it is to replace the high calorie, bad foods in your diet, with foods that are considered highly healthy with lower calorie counts to them.

## Anti Aging And Cosmetic Surgery

There is no doubt that one of the most effective ways for individuals to get anti aging help is to use cosmetic surgery. The term cosmetic is used to describe something that is done to repair the look of something rather than the function of it. Perhaps with cosmetic surgery, though, the goal is more than just repairing the way that your skin looks but also the way that you feel about yourself. If you feel that your wrinkles bring down your self esteem, it can be quite beneficial to your well being to invest in some form of cosmetic surgery.

### **What Is Spent**

Currently, the cosmetic surgery industry is growing by leaps and bounds. Each year there is an increase of drastic proportions in the number of procedures done. Both men and women will experience these procedures. In addition, there is no doubt that the cost of doing so will rise from \$20 billion in 2003 to well over \$50 billion by 2007, or more. The most common age group that uses cosmetic surgery is that of 35 to 50. But, is this a bad thing?

### **Is It Bad?**

There can't be anyone that says that cosmetic surgery is definitely bad, unless it puts you at risk from other health problems that you may have. But, there are risks involved. Without a skilled surgeon you may have to have more than one procedure done. There are always a number of surgical errors each year, too. In addition, there is nothing cheap or inexpensive when it comes to this anti aging solution.

But, cosmetic surgery does improve the self esteem, which many doctors and scientists believe can help an individual to improve their health across the board. If you are positively motivated, you can do more physically and mentally. If you are depressed, illness and disease set in even more so. For this reason, there are health benefits to cosmetic surgery that will improve the outlook that the patient has.

Is cosmetic surgery for you? Weighing the costs, the risks and the overall benefit can only be done by you. If you do go down this route, you will need to invest in researching to find the best doctor for your procedure. In the right hands, risks are minimized and procedures are more effective.

## **A Good Diet For Anti Ageing Benefit**

No matter if you want to hear it or not, a good, balanced diet is one of the best tools for anti aging benefits. The foundation is simple. If you give your body the nutrients and the right fuel that it needs, you get optimum results from it. Consider your car, for example. If you don't provide it with the right type of fuel, it will wear down faster, won't work nearly as well, won't get the right gas mileage and it probably won't last as long. If you give it the best possible fuel, on the other hand, you'll see that it runs longer, better and has less problems along the way.

This same thing works for your body. Your body needs all of the right nutrients if it is to do the things that you want it to do and to provide the right level of anti aging possibilities. Many people make the mistake of looking for another way to improve their condition rather than looking at their own, individual needs. Rather than striving for improved health through an effective means, such as through a healthy diet, they look for other solutions that may be easier to make happen. Yet, there is simply nothing more effective than monitoring what you eat for your body's health.

### **What Your Body Requires**

For your body to have a healthy diet, it requires a high level of nutrients and a low level of saturated fats and sugars. For example, you need vegetables. Most vegetables contain high levels of nutrients and also provide for a good amount of antioxidants, which help to stimulate cells, improve blood circulation and remove toxins from the body. That in and of itself is a feat that you need in regards to improving your aging. A great way to get more of these into your diet is through vegetable juicing. Replace your sodas with vegetable drinks (make them yourself for added nutrients and lower costs!)

You should also remove from your diet things that can cause potential problems. For example, sugars are a problem because they help to produce insulin. Insulin is an aging accelerant and something you don't need extra of. By minimizing the amount of sugars you eat, you reduce the amount of insulin, which reducing the aging effects it will have on your body.

By just taking a look at how you can improve your diet, you can get some of the best anti aging solutions out there.

## Exercise And Anti Aging

Exercise is commonly thought of as a good thing, but when it comes to anti aging needs, it may be something you need to monitor. By far you must include some forms of exercise in your regular day. Yet, you shouldn't include too much exercise either. This limit is one that many individuals that are starting to see those aging signs need to pay closer attention to. With a few guidance tools, you can effectively manage the aging requirements that you have.

### **Regular Exercise Is A Must**

Make no mistake that you need to get regular exercise. By moving your body, you use the fuel that you have placed in it. You keep it moving; keep it burning that fuel so that it doesn't add extra pounds to your abdomen or elsewhere on your body. Added weight can be quite detrimental to overall health, in many cases causing a person to age faster than he or she needs to do so. By reducing your weight, you can actually increase your health ten fold. Manage to do this and improvement is around the corner.

### **Too Much Isn't A Good Thing**

But, when it comes to anti aging needs that you may have, you should take into consideration the fact that too much, or excessive, exercise is not such a good thing for you. Many doctors believe that excessive exercise, such as running a marathon every weekend, can do damage to your skin. Here, the problem is with too much cardiovascular aerobic type of exercise. If you do this type of exercising and don't give your body the right levels of antioxidants that is required, you will quickly find yourself struggling with damaged skin.

Your body has many needs and one of them is for the right amount of antioxidants to help remove toxins and reduce the oxidative damage to your body. If you exercise to extreme levels, you produce more oxidative damage to your skin as part of the process. Remember, that excessive exercise strains many areas of the body including the skin.

Without replenishing those needs with improved levels of antioxidants, (even added large amounts of additional antioxidants to your diet) your skin will age faster than it would if you just got a moderate amount of exercise. While getting this level of exercise is okay if you do provide for the right antioxidant protection, reducing the stress of it on your body will improve your aging.



## Do Anti Ageing Products Work?

You walk through the aisles of your favorite department store and see countless anti aging products. They call out to you with promises of making you look the best you have since you were a teenager. Many make promises that are anything but realistic and, unfortunately, many of them won't work for you. Yet, there are plenty that do have the ability to provide just what you are looking for: improved skin, healthy looking as well as young looking skin. It can happen and there are some options to consider.

### **Learning What Works**

The largest thing you must battle through is learning which products are effective and which are not even possibly so. Here are some tips to learning which the best anti aging products on the market are.

1. **Improve your knowledge.** Find out why they work. What is their promise to you? Does it make scientific sense in working? Finding out not just what they promise to do but why they work can often eliminate those that don't make sense or those that may not be appropriate for you.
2. **Learn from those that know.** Others have more than likely used the anti aging product in the past. Take the time necessary to learn their experiences have been. Find out if they would recommend them to others or possibly not. You can do this easily right on the web.
3. **Check the company out.** Companies that continuously put products on the market that show no benefits to most are often reported to the Better Business Bureau. You can also look into the company and their products more fully through the Consumer Reports website. Either of these options will give you more information about if this company is legitimate in their promises of anti aging products that work.

### **Follow The Directions**

Another common problem that many that use anti aging products find is that they don't work. But, this happens not because the product doesn't have the potential to work, but rather that they did not use it correctly. That provides for the worst possible situation. Following the directions provided will definitely improve your body's ability to get full benefit from the product.

## Anti-Ageing And Skincare Made Easy

Anti aging products that are well researched and are used as they are directed to be used are products that can show a lot of help and well being to an individual. You can gain benefits in improved health and wellness with them.

## **A Great Anti Aging Technique: Get Enough Sleep!**

Do you get enough sleep? If you are looking for an anti aging technique that will work for you, make sure you still get enough sleep in the process. There is no doubt that your body is going to age as the years go on. But, the amount of aging that is experienced in your physical appearance and health is something that can be controlled to some degree. No matter what route you take to improving your overall health and reducing the signs of aging, make sure that sleep is part of the package.

### **Sleep Is Required**

Sleeping is your body's way of healing and improving. When you sleep, your body uses your energy and resources to improve your health, to repair cells, to grow and even to improve your health condition. For that reason, it is essential in the anti aging process to consider if you get enough sleep to allow your body to do what it needs to do to maintain your health but also your skin's appearance.

### **Do You Get Enough?**

Doctors will say that individuals require at least eight hours of sleep per night. Your body may require more or less, as each person is different. The way to know if you are getting enough sleep is simple. Do you wake up in the morning feeling rested? Or, are you tired and start your day wishing you could sleep for a few more minutes? Without enough sleep, your body can't do what it is required to do. So, try to find ways to improve your sleep. Here are some ways that may help you to get to sleep faster.

- Avoid eating meals or even heavily sugared snacks at least two hours before bed as they will increase your blood sugar and keep you up.
- Listen to white noise which is natural sounds or even relaxation recordings. Getting in some meditation before bed helps a well.
- Don't watch television before bed. Television stimulates your mind, which keeps you alert and thinking. Instead, find a relaxing activity to do.

## Anti-Ageing And Skincare Made Easy

Getting enough sleep is a must for individuals that are using anti aging techniques or that just need to improve their overall health. Find out what it can do for you by getting to bed earlier and actually getting in the sleep your body requires. It can be the perfect compliment to other anti aging techniques too.

## **Cosmetic Surgery Considerations For Anti Aging**

If you are thinking about cosmetic surgery for the best possible anti aging solutions for your needs, consider just who you are looking for. There are several things that you should keep in mind when it comes to improving your body's method to aging. While cosmetic surgery may be the best choice for you, you should look at the emotional side of the coin as well. There could be more to your needs than just cosmetic surgery.

### **Is Cosmetic Surgery A Good Choice?**

There are many different types of cosmetic surgeries that you can do to improve the health and look of your body. There is little doubt that you can improve your health with a few of these surgeries from a cosmetic point of view. But, before you can do so, you need to invest the time necessary in really looking at why you want to improve. In addition, you need to learn why you want to have this surgery in the first place?

For some individuals, cosmetic surgery is necessary to do to help them to feel better about themselves. You may have a desire to just slow the signs of aging such as those crow's feet. But, for others, the process is done because of a lack of self esteem, which can be a problem in the long run if it is not addressed. Where do you lie? Are you looking for a few touch ups to just look better or are you struggling with aging? Are you struggling with your self esteem?

Absolutely there are great reasons to invest in cosmetic surgery. In fact, it can be a great way to gain back some of the self esteem that is lost. But, those that keep improving or want to have a perfect body and will go to great lengths to get it are often insecure and sometimes even depressed. In these cases, it is essential to evaluate why this is the case and then work to improve it.

Cosmetic surgery is a great anti aging tool. But, it is not the only tool for you. For those that do suffer from other psychological problems, getting help and treatment for them will allow them to feel as well as look younger. In fact, those that are healthy psychologically are often able to power through health problems and improve their overall well being physically and mentally.

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