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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Asian Skin Needs Anti-Ageing Help and Protection

By Shashi Gossain

Asian skin can suffer from specific problems that can't be addressed using regular beauty industry

moisturisers and facial products. Asian skin is thicker than white skin and can be leathery in appearance. This means it needs richer, deeper penetrating creams. The ideal moisturiser for Asian skin should contain a high Sun Protection Factor (SPF) to prevent further darkening of skin colour, and antioxidants for protection against harmful free radicals and pollution.

Younger Asian women in particular want their skin to appear lighter and blemish free with even skin tone. In this quest for an ivory complexion, many Asian women have used potentially harmful skin peels, or taken expensive tablets that claim to work from within, to lighten the skin. Unfortunately many of these products contain harsh ingredients, and can produce uneven light-and-dark patches over the face and body. I do not want the next generation to risk harming their skin in this way, and I have researched the safest skin lighteners available. Kojic acid is the active ingredient in the latest safe skin lightener. It helps lighten skin colour by inhibiting the production of melanin that causes skin darkening and age spots. The skin takes between 4-8 weeks to renew its layers, so during that time the new lighter skin cells come through and the whole complexion will look fresher and brighter.

Dark patches around the eyes are a problem for a lot of Asian women, and they often appear across the forehead and cheeks. This is usually a consequence of pregnancy or hormonal changes at the menopause. These blemishes can be unsightly, and many women would like to get rid of them without using harmful chemicals or undergoing cosmetic surgery. The skin around the eyes is much finer than the rest of the face, and cannot absorb a normal face cream. If we compare the thickness of skin on the various parts of our body to paper, the delicate eye area would be like tissue paper, the face like writing paper, and the neck like wrapping paper. A skin treatment cream for this delicate area needs the correct consistency for absorption around the eyes, otherwise puffiness and swelling will be made worse. A mild skin bleaching ingredient such as kojic acid can be used in an eye treatment cream, to reduce the appearance of dark eye circles.

Sun damage is also a major hazard for Asian skin - not only making it darker, but also causing blemishes and scarring. There are safe skin treatments designed to prevent or repair sun damage, at any age by using vitamins A and E with antioxidants. This combination will help to boost the skin's

immune system and can reduce the appearance of existing blemishes by speeding up tissue repair. Lypozomes are another important ingredient, as they help fade brown spots by changing the rate of skin cell clustering, and leave the skin looking younger and clearer.

Using these skin care ingredients is not vanity - they are a vital protection for healthy skin in today's environment. When buying cream for Asian skin, you should ask which active ingredients it contains, and whether the products have been tested to local safety standards. In the UK this means they should be tested in accordance with Department of Trade & Industry requirements, to ensure safety and effectiveness. Most of us will also want to check that the products have not been tested on animals.

Born in Kenya, Shashi Gossain is a pharmacist, a Member of the Royal Pharmaceutical Society and an Associate Member of Society of Cosmetic Scientists. She owns a Health and Beauty Clinic in Kensington, London and writes a regular column in 'India Link' on Health and Beauty issues. Using the

latest scientific research in the beauty industry, she created the PharmaClinix range of cosmeceutical creams which are available online, and has written "The Ultimate Anti-Ageing Book." To learn more about the book and products, visit:

www.healthbeautybooks.com

or call 020 8969 0053.

Anti Aging Skin Care Popular Methods

By Oliver Turner

While exploring the scope of anti-aging skin care treatment, the most commonly asked question is 'What skin renovation medicines have so far proved to be effective'? Collecting right information regarding the anti aging treatments flooding the marketplace is the best strategy to adopt anti aging skin care techniques that suit your aging skin.

To regain your eternal beauty and to get back your youth, go with the anti aging skin care supplements. Anti aging cosmetic products can dramatically improve your look by nourishing you from inside. And that is a natural procedure. No need to go for a painful surgery. Anti aging skin care products can drastically change the way you look and can make you feel young. You can challenge the aging process with anti aging skin care medicines that provide life to your dry or oily skin. You can really stall the ageing process for a few more years with anti aging skin care treatments and enjoy the excitements of youthful life. Try to select anti aging products that will alleviate your rough and dry skin and provide sufficient hydration. Make sure that your anti aging skin products get promptly absorbed into your skin and produce immediate results. Check out whether your anti aging product is hypoallergenic and non-photo toxic. Be careful about damaging your skin instead of repairing it.

Anti aging supplements will rectify the health of your internal system as well as take proper care of your

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sensitive and wrinkle prone skin. Anti-aging skin care cosmetics usually contain active anti aging components that support the skin's natural ability to remove free radicals, age spots, and chemical toxins that obstruct healthy skin, and improve your skin agility and elasticity. A good quality anti aging product can reduce skin drooping and wrinkling. Anti aging skin care supplements works in complete harmony with the body, supplying and balancing the necessary anti aging dietary requirements thus making your skin glow and look young for a long period of time.

We have made the most comprehensive research on the subject of anti aging skin care products. Find the results only on

http://www.leandernet.com/Anti_aging/Anti_aging.php

. Find more anti aging info on

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