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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!

Skin Care Treatments - How To Look Younger For The Holidays

By Ken Black

Do you have company coming over, or are you visiting family and friends for Christmas ? Are you planning to go out on New Year's Eve ? Whatever the reason, most people want to look their best, at least during the most important times of the year.

So, what ways are out there to make you look more stunning as fast as possible ?

Well, you could try and lose some weight, but that's not easy of course, especially if you have lots of pounds to lose. And, can you lose it all within one month ?

You might also be able to go to an expensive Spa and get a total makeover. Good idea, but, that might cost \$1,000.00 or more.

What about just going shopping and buying some high end shoes and clothes to make you look younger ? Another fair idea, but that might set you back \$200.00 or more.

If you're between the ages of thirty five and ninety five, you might want to try making your friendly face more youthful looking. After all that's what people notice and remember the most.

A premium anti wrinkle and anti aging skin care cream, or lotion, is often referred to as a face lift in a jar and can do wonders for your looks and often has excellent effects within thirty days. And the best products usually sell for less than \$100.00. Truly, the ultimate way to quickly transform yourself into how you may have looked years ago.

So why do people get wrinkles anyway ? You can find an indepth discussion of this at

www.skin-care-reviews.com/wrinkles-101.html

, but to summarize, sun exposure, smoking, and your

age contribute to the breakdown of collagen and elastin, the fibers that keep your skin firm and supple.

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Try and buy a product that contains some or all of the following :

1. Alpha, beta and poly-hydroxy acids, which gently remove surface layers of skin to remove fine lines.

2. Argireline – is derived from amino acids that occur naturally. It works by relaxing facial tension because it reduces excessive release of the neurotransmitters, called catecholamines, that make your facial muscles tense up. When your muscles aren't tense, they don't contribute to wrinkles.

3. Edelweis Extract – isn't just something found in a song from The Sound of Music. Edelweiss Extract is a strong antioxidant that cleans up the free radicals produced by metabolism and by pollutants as well. These free radicals voraciously combine with almost anything, including the components of your skin, causing serious damage. In addition to being an antioxidant, Edelweiss Extract helps protect skin by blocking ultraviolet light.

4. Shea Butter – is derived from the nut of the karite tree of West Africa, where it is commonly used in

soap. Shea Butter is a natural moisturizer and skin tightener. It contains cinnamic acid, which helps protect your skin against ultraviolet light. It also includes natural latex, which has hypoallergenic qualities. The fatty acids in Shea Butter, along with the other ingredients, promote healing and regeneration of the skin, and work to prevent the skin from drying, cracking, burning and wrinkling.

Also, there are other fine ingredients like Vitamin A, Matrixyl, Dermox, Evening Primrose Oil, and more, that assist in bringing back that radiant looking appearance to your skin.

Some of the leading products on the market are Olay Total Effects Intensive Restoration Treatment with VitaNiacin, Revitol Anti Wrinkle solution, Pond's Dramatic Results Active Face & Neck Moisturizer with glycolic acid, and Avotone Wrinkle relaxant cream.

The results are often amazing. Many people claim they look ten or more years younger after using the product for four to six weeks. However, like anything else, results may vary. You have to try it out for yourself. Best to go with a company that gives a thirty day or longer guarantee, so you're protected.

A new you could be waiting right around the corner.

Happy holidays!

Ken Black, of

<http://www.skin-care-reviews.com>

Skin Care Enhance Your Pretty Look

By Loraine Lesley

Skin Care Treatments – How To Look Younger For The Holidays

Who doesn't want to look beautiful? Everybody wants to look pretty and fresh. Taking care of your skin is one way to achieve what you hope for. Whether we like it or not, beauty does seem to affect the ease and success of an individual's life. That's why no body wants to look pale, unhealthy and dull.

Perfect beauty is absolutely what you and all women desire. You can feel good about yourself if you have good look. Thus, skin care, hair care, and other beauty treatments should be on your program then. You will need some tips in order to make them successful. Here are some skin care treatment tips, given free just for you!

Tips for Perfect Beauty

There is no doubt that your skin needs special treatment since it is the body's largest organ. You may not know how to take good care of your skin, how frequent you should do it, and so on. Keeping the skin moist, elastic, and smooth is one of the best ways of skin care treatment. Look at these helpful tips below:

1. The first thing you must know about skin care treatment is to do it regularly. You can start it from the very easy way, like washing your hands and face with a natural soap or cleanser.
2. Which type of skin do you have? Dry, normal, or oily skin? Get to know your type and use appropriate skin care products for the treatment. Consult with your beautician if you're not sure about it.
3. Eat lots of healthy foods, namely fresh fruits and vegetables which act as great antioxidants. They are substances that prevent damage in the body caused by free radicals. Strawberries, cranberries, blueberries, tuna, and mostly seafood, as well as onions, garlic, and broccoli are great sources of food high in antioxidant.
4. Avoid smoking and stay away from alcohol. They are real skin enemies since they create wrinkles to your skin and making it dry.
5. Carry out proper treatments for your skin: clean your skin with water and free-chemicals cleansing products everyday, scrub your skin regularly to remove dead cells and smooth the skin, and moisturize it with skin lotion and cream containing high amount of vitamin E.

Those tips above are actually only a few of numerous skin treatments. You should maintain your youthful looks by always giving good care of your skin. Consuming vitamins and supplements is also a good way to do it. Don't forget to drink a lot of water and exercise regularly! Have a healthy skin, and of course a healthy living!

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why her object features practical articles and tips on Skin Care, Hair Care, and more. To discover more of her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>



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