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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top Ten Ways to Avoid and Remove Wrinkles

By Reno Charlton

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For many women, wrinkles and fine lines are the bane of their lives. Looking into the mirror and seeing a face filled with wrinkles, sagging skin, and fine lines can be very disheartening, but it's all a part of growing old, right?

Well, yes and no. Of course, our skin will age as we grow older, but in this day and age we can take steps to reduce the appearance of aging and facial wrinkles. Today, advances in knowledge and technology have made it easier to delay the signs of aging and deal with skin that already looks aged.

Part One: Prevention of facial wrinkles

The easiest way to deal with wrinkles is to keep them at bay in the first place. An anti-aging skincare routine is a must, as is a healthy lifestyle and plenty of relaxation. By taking the right precautions and educating yourself on what can cause the premature onset of facial wrinkles and crows feet you will find it far easier to keep your skin in top shape for longer. Below you will find five ways in which you can help to keep the appearance of aging at bay:

1. Establish a skincare routine:

It is vital to establish a good skincare routine from an early age and stick to it. You should use a cleaner, toner and moisturizer each morning and night in order to keep your skin clean and clear as well as nourished. A good skin care routine will not only help your skin to retain moisture and elasticity, but will also help to keep it feeling fresher and more rejuvenated.

Make sure that you get rid of all traces of make-up from your face, as the harmful chemicals in some cosmetics can often damage the skin. Soap can dry out the delicate facial skin, so instead go for a cleansing bar or a foaming facial wash. Once you have cleaned your face thoroughly, use a gentle cleanser to wipe away trace of dirt, followed by a toner to refresh the skin and tighten the pores. Finally, use a suitable moisturizer (depending on your skin type) to nourish and replenish the skin.

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2. Use facial massage:

Facial massages are fast and simple to do at home, and can really help to keep elasticity in the skin and keep wrinkles and fine lines at bay. A facial massage can help to get the blood flow and circulation going in the facial area, which automatically stimulates the skin and helps to keep it renewed and rejuvenated. Your skin will retain far more of its natural elasticity with regular massaging, which in turn can help to slow down the signs of aging. You can carry out a ten minute massage as you moisturize each night — simply blend the cream into the skin by using firm upward motions from the throat up. Once the cream has been absorbed into the skin, use circular motions over your face to really blend it in and to get the circulation going.

3. Protect your skin:

The sun is one of the most dangerous environmental hazards when it comes to harming your skin. Not only can regular, unprotected sun exposure result in premature and severe wrinkling and cracking of

skin, but it can also lead to more serious conditions such as skin cancer. Never go out into the sun without either an SPF moisturizer or a sunscreen on. If you are planning to spend hours out in the sun, then go for a suitable sunscreen; the higher the SPF (sun protection factor), the better. For everyday use, where you are simply travelling to and from work, you can opt for a moisturizer that incorporates UV protection.

Remember, the sun is at its worst during the middle of the day so you should keep yourself in the shade during these times. Also, although the sun may not be as visible during the wintertime, the rays can be just as harmful so you should take precautions all year round.

4. Assess your lifestyle:

The way you live your life can affect the condition of your skin. They say that your skin reflects the way you are feeling internally, both physically and mentally. So, if you are feeling drained, tired, or stressed, your skin will also reflect this through its condition and appearance. There are a number of lifestyle changes you can make in order to help slow down the appearance of aging.

Smoking is a major culprit when it comes to the premature onset of wrinkles, and cigarettes can result in deep wrinkling of the skin. By quitting smoking (or better still, never starting!) you will be doing your skin a big favor when it comes to alleviating the worry of wrinkles. You will also be reducing the risk of developing more serious conditions related to smoking, such as cancer or heart disease.

Diet is also another important factor, and by eating the right foods (those packed with minerals and vitamins) and avoiding the wrong foods (fatty, rich foods) you can help to keep your body and your skin nourished and replenished. Most importantly, you must drink plenty of water to keep your body and your skin hydrated. Try and avoid excessive alcohol as this actually dries the skin out and will leave you and your skin looking and feeling dehydrated.

5. Enjoy some relaxation:

Stress can also play a big part in the condition of your skin, and you can often find those in high-powered jobs suffering from premature wrinkling and aging because of the stress levels often involved in their work. Whatever type of job you do or however busy your life is, it is essential to get a

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decent night's sleep and time out to relax your body and your mind. Again, this is connected to your skin reflecting the way you feel inside. If you are feeling tired and stressed all the time, your skin will reflect this, and it won't be long before the lines and facial wrinkles start to appear. Take time out for yourself each day to relax and spend time focusing on yourself.

Part Two: Removal of facial wrinkles

Wrinkle removal procedures and products have become part of a multi-billion dollar industry. You can now select from a number of options if you are looking to diminish or reduce wrinkles, fine lines, crows feet, and deal with skin cell damage. Everybody wants to get their hands on a wrinkle cure, and in the options listed below you will find suggestions for both short and long term wrinkle removal:

6. Home remedies:

Many people rely on home remedies when it comes to diminishing fine lines, wrinkles and crows feet. For example, cucumber juice can be effective in alleviating age spot skin problems. Fresh Papaya juice can remove dead and rough skin, and apple and pineapple juices can help to diminish fine lines, wrinkles and cracked skin. These home remedies can prove effective and provide a cost effective way to treat aging skin.

7. Wrinkle cream and anti-aging products:

In recent years, the nation's obsession with younger looking skin has resulted in the production and marketing of many new ranges of anti-aging creams and facial products. These can be expensive, but can also prove effective for many people. Advanced technology and scientific formulations have enabled manufacturers to create skin creams and products that contain high levels of skin enhancing vitamins, such as C and E, as well as anti-oxidants. There are a number of different extracts and ingredients that can help with the elimination or reduction of fine lines and wrinkles, and most anti-wrinkle creams contain a combination of these.

8. Collagen injections:

Collagen can be used to fill out the skin in order to bring back normal skin and smooth out depressed wrinkles. This is done by injecting the collagen under each wrinkle in order to push it or 'fill it' outwards, so that it plumps out and becomes level with the rest of your skin.

9. Acid skin peels / chemical peels:

Acid skin peels and chemical peels provide an effective - but sometimes painful - method of wrinkle removal. You can get varying levels of peel depending on the acid or chemical used in the peel. Nowadays, you can get skin-peeling products to use at home as well as those carried out in a medical setting. It is advisable to consult your doctor before you try out any skin-peeling product at home. If you plan to have a peel done in a surgical setting, a consultant or doctor can help you choose the best peel based on your needs and level of wrinkling.

10. Dermabrasion:

This is a surgical procedure that can result in the moderate improvement of wrinkles and other skin problems. This procedure entails the use of a motorized buffer that removes the superficial layer of skin and brings fresher and tighter skin to the surface, thus helping to reduce existing wrinkles.

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Do Any Of These Anti-Aging Creams Work?

By Scott Michaels

So do any of these anti-aging creams work at all? And what do they do exactly? The answer to if they work or not is yes, no and sort of all rolled into one.

There are literally thousands of different anti-aging creams on the market today. Since women are especially concerned with the effects of age to their skin, most of these anti-aging creams are marketed towards women, but many men have turned to their use as well.

Most of these anti-aging skin products will produce the appearance of reduced wrinkles, which can be noticeable in even just a few weeks of consistent use. However, there aren't any known anti-aging creams that will actually eliminate wrinkles or otherwise permanently reverse aging effects to your skin.

Anti-aging creams will remove layers of dead skin, and hydrate the lower layers giving them a plumper and fuller look that helps reduced the appearance of wrinkles. The wrinkles are not permanently removed, and will reappear after the discontinued use of the product.

Therefore, you have to keep applying it everyday and will go through a lot of it quite fast. Since the cost of many of these anti-aging creams is not cheap, maintaining the reduced wrinkle effect they offer can become expensive.

You can achieve a somewhat fuller, plumper skin appearance by using less expensive moisturizers. The only scientifically tested and proven anti-aging cream ingredients are vitamin C and E, as well as Alpha Hydroxy Acid (AHA). These three ingredients are proven to reduce the appearance of wrinkles, but there are likely many other ingredients that will produce similar effects.

Results of any particular product will vary from user to user, and a good strategy would be to try several different brands before settling on one that works best for you.

Anti-aging creams aside, the two most effective things you can do to slow down the appearance of wrinkles is not smoke, and apply sunscreen at the beginning of everyday if you plan on being outside for more than ten minutes. SPF 15 or higher is recommended. As much as you may want a tan, excessive UV exposure is a sure way to bring on wrinkled skin before its time.

Uncover the facts about anti-aging creams.



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