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Anti Aging Face Creams – Serums vs Creams

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There's no doubt that the demand for anti-aging skin care products is at an all time high. In response to this demand, manufacturers are constantly evolving their methods of delivering dewy, youthful skin. [Anti-aging face creams](#) are the standard - a hybrid formula based on the time-tested moisturizer.

Anti aging serums were once exclusively used by aestheticians and dermatologists for advanced skin care. Nowadays you can buy an over-the-counter variation of these products at prices ranging from department store to discount store levels.

Anti aging face creams are soothing, rich and designed to provide the extra moisture that aging, sun exposure and environmental toxins steal from the skin over time. No longer the big generic jar on your grandmother's dresser that went on the whole body from face to toes, today's anti-aging creams are specially designed for the face and neck.

Anti aging face creams are available for dry, oily or combination skin types. Choosing a cream for your particular skin type is extremely important. Retinal - the Vitamin A derivative - is found in creams at all price points.

Of course the more expensive creams do have a larger amount of retinal A than their less expensive counterparts. Aloe Vera, Vitamin E and grape seed oil are also popular additives in anti-aging face cream moisturizers. Cream moisturizers for day-wear need to have a high sun protection factor (SPF), while night creams don't need this feature.

[Anti aging face serums](#) are generating a great deal of attention in the anti-aging market for their claims of faster, visible results than creams can deliver. As with anti-aging face creams, the key ingredients in most serums are Retinal (Vitamin A) and peptides.

It's the delivery of peptides that are quickly absorbed into the skin that gives the notable changes. Peptides act on the collagen levels, which make the skin appear fuller and cause wrinkles to be less evident.

Regular use of these serums is absolutely essential to stimulate collagen production. Erratic use of serums will not sustain visible results. Top quality serums tend to cost more than creams.

Some serums have a two-step process compared with a cream that you simply apply to the face. An additional claimed advantage for serums is the inclusion of an ingredient – argireline - which works on the skin much like Botox, but without the toxin.

Argireline is a safe way to relax the muscles, which helps to smooth out wrinkles. Anti aging serums with high concentrations of this ingredient claim up to 25% reduction in fine line and wrinkles after 30 days of continuous use. Argireline is also said to reverse sun damage effects on skin.

The selection of creams versus serums for anti-aging skincare is mostly a matter of cost and simplicity of use. One trick to get the best of both worlds at a price savings is to use a serum for several months to achieve the desired wrinkle reduction and then switch over to an anti-aging cream.

If that works well to sustain your visible skin improvements, then you have a winning combination skincare regimen at a lower average cost. You can always add back the serums for a month several times a year to boost results.

You can always conduct your own experiment by using a serum for 30 days and taking a close-up photo of the results. Then switch to a cream for the next 30 days and take a photo of the skin. Compare these closely to see whether an [anti aging serum](#) or an [anti aging face cream](#) is the best anti-aging skincare product for your skin, your budget and your daily cosmetic routine.

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