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Wrinkle Cure And Antiaging Skin Care - Simple Tips To Reduce Wrinkles And Skin Aging

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Tips To Reduce Wrinkles And Skin Aging

These days, more and more people are looking for a wrinkle cure and antiaging skin care treatment. It's a fact that wrinkles and skin aging are an individual's two biggest enemies. Though there is little that you can do to prevent these tell-tale signs of aging, there are ways to postpone their appearance. Skin begins the aging process virtually from the moment you are born, so if you would like to control skin aging and wrinkles, begin early!

What causes skin aging and wrinkles?

As we grow older, the important skin components elastin and collagen begin to break down and skin begins to lose its elasticity, its underlying structure and its ability to spring back into shape. Cell reproduction slows down with age, causing fat cells and oil glands to atrophy. When this happens, production of emulsions designed to keep skin moist slows and skin starts to become dry. Add in the forces of gravity and soon the jowls, arms and eyelids start to sag.

Numerous other environmental factors add to the onslaught of skin aging and wrinkles. Cigarette smoking, air pollution, laughing and frowning, and unprotected exposure to the sun all play a role. What's different about these environmental factors is that most are within an individual's power to control. And so while there is no way (so far) to turn back the clock and stop the aging process, the factors that contribute to its acceleration can be stopped.

Skin aging and wrinkling can be slowed by always protecting the skin from the sun's damaging ultraviolet rays. These rays can penetrate unprotected layers of skin. They produce radiation which can seriously and permanently damage the cells that form skin tissue. UVA rays are thought to be capable of releasing oxidants, unstable particles that cause extensive cell damage.

Cigarette smoking promotes the release of oxidants also. Oxidants slow down the production of new collagen and elastin. Recognized also as free radicals, the best way to protect against their negative consequences is to consume a diet rich in vitamins, minerals and antioxidants. In addition, smoking also restricts the blood flow in the epidermis so skin does not get the amount of nutrients it requires to stay healthy.

The repetitive nature of cigarette smoking, specifically the repetitive contraction of the muscles surrounding the mouth, speeds up skin aging and wrinkling as do the muscle contractions that occur when laughing and frowning. Air pollution adds to wrinkles by depriving the skin of Vitamin E, another important antioxidant.

Anti-aging and wrinkles skincare

Keeping skin clean and moist is the most beneficial skin care advice for anti-aging and wrinkles. It's more effective than most of the higher-priced solutions that promise to end wrinkling. Wash with warm water and gentle cleaner and pat skin dry so some moisture remains. Hot water and harsh soaps deplete skin of essential oils and increase dryness.

Likewise, avoid products with dyes or perfumes which could further irritate skin. Gently remove eye makeup as the skin surrounding the eyes is very delicate and prone to wrinkling. And there you have it – simple, inexpensive skin care for anti-aging and wrinkles.

Everyone knows that aging is an unstoppable process and regrettably, so are wrinkles. The best way to make sure that you are protecting your skin is by living a healthy lifestyle which should include eating right, regular exercise and avoiding smoking and excessive alcohol consumption.

Recommended To Fight The Signs Of Aging

Try Dermology's unique three-part anti aging skincare system to keep your skin looking great by [Clicking Here](#)

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