

Skin Aging and Wrinkles

Skin aging and wrinkles are a person's two worst enemies. Although there is little one can do to prevent these tell-tale signs of aging, there are ways to delay their appearance. Skin begins the aging process almost from the moment you're born, so if you want to control skin aging and wrinkles, start early!

Causes of skin aging and wrinkles

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

Several other environmental factors contribute to the onset 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 a person's ability to control. So while there is no way (as of yet) to 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 believed capable of releasing oxidants, unstable particles that cause extensive cell damage.

Cigarette smoking promotes the release of oxidants as well. Oxidants slow the production of new collagen and elastin. Known also as free radicals, the best way to protect against their negative effects is to consume a diet rich in vitamins, minerals and antioxidants. Smoking also restricts the blood flow in the epidermis so skin doesn't get the quantity of nutrients it needs to stay healthy.

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

Skin care for anti-aging and wrinkles

Keeping skin clean and moist is the best skin care regime for anti-aging and wrinkles. It's better 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. Also avoid products with dyes or perfumes which may 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.

Aging is an unstoppable process and unfortunately, so are wrinkles. So protect your skin by living a healthy lifestyle. Eat right, exercise, don't smoke and avoid excess alcohol consumption.

About the Author

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