

Contributing Factors of Aging Skin

As we grow older, our skin ages with us. Although aging skin is inevitable, the rate at which skin ages depends on several factors. The natural aging process begins in the mid-twenties as the production of collagen slows. This causes skin to slowly lose the ability to hold its shape like it used to and may result in wrinkles. Also, the natural shedding of dead skin cells slows which does not allow new skin cells to reach the surface at the same rate as it did in a person's youth. All of these factors lead to wrinkles, gray hair, dry skin, hair loss, etc. These factors are considered "intrinsic" because they are controlled purely by genetics.

"Extrinsic" aging occurs due to other factors that are not controlled by genetics. It is much easier for people to attempt to avoid these factors since many are caused by a person's actions or the environment in which a person lives. Perhaps the most damaging extrinsic factor is sun damage. The sun is the skin's biggest enemy, as exposure causes freckles, age spots, wrinkles, spider veins and even skin cancer. Wearing a daily sun block is vital to protecting your skin from sun damage. Even on cloudy days the sun's rays can reach your skin so putting sunscreen on every day should become a part of any person's daily routine. Tanning has the same effect on skin as sun exposure so it should be avoided whenever possible.

Smoking cigarettes is another leading cause of aging skin. The chemical changes that occur within the body of a person that smokes lead to deep wrinkles and discolored skin that has a leathery appearance. The only way to avoid this type of extrinsic aging is to stop smoking and avoid places where smokers congregate. Unlike smoking, gravity is an unavoidable extrinsic factor in aging skin. As the skin ages and becomes loose, gravity causes skin to droop. There is no real way to prevent gravity's effect on skin, but healthy eating and regular exercise help to keep the body toned and diminishes the appearance of loose skin.

Finally, repetitive facial expressions may cause wrinkles. When a facial muscle is used excessively, an indentation is made in the skin. Over time, as collagen production slows, these indentations become more prominent since the skin can not retain its shape as well as it did in the past.

Everyone's skin will go through the aging process - there's no way around it, however, there are ways for a person to improve the appearance of aging skin. Visiting a medical spa for rejuvenating skin treatments can help to keep the skin looking young. Although there is no way to fully prevent wrinkles, age spots, spider veins, etc., but there is also no reason to surrender to them. Contact a professional medical spa to learn how you can fight the appearance of aging skin and retain the youthful skin that you had in your twenties.

About the Author

If you or someone you know has wrinkled skin and wants to do something about that, contact the [Houston Medical Spa](#) Dermagenix to fix this problem.

Source: <http://www.healthcrazed.com>