

Wrinkles Be Gone

A Guide To Wrinkles and What You Can Do About Them



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Understanding Your Skin

It is always nice to look at a baby's flawless skin. There are no lines, no signs that a pimple has even been there and actually, it's perfect. You had gone that route but as you age, you can't help but accommodate a wrinkle in time until you no longer know where your baby skin has gone to.

To know about the causes of wrinkles, you must first know about the normal skin layers. Here are the layers that constitute a human skin.

1. Epidermis

This is the outer layer of your skin. This protects the inner layers to whatever the environment may cause them. This seemingly tough outer skin is caused by the movement of keratinocytes, the cells of the epidermis, from its bottom part to the top. As a result, a large dose of keratin is produced. But when these cells reach the top, they actually flake off. So if you see scaly types of skins, it means that something went wrong in this process.

2. Dermis

This is the skin's second layer. This contains its structural elements, which is the connective tissue. There are actually many types of connective tissue. Each type acts for different functions. Some samples are the collagen. This gives the skin strength. The glycosaminoglycans are the proteins that give turgor to skin. The elastin fibers create the elasticity of your skin.

Between dermis and epidermis is the dermal-epidermal junction. This is an important feature as it interlocks and form fingerlike projections which are called rete ridges. These will increase the area of the epidermis which is exposed to the blood vessels and need nutrients. The blood vessels in the dermis give out such nutrients to the epidermis through the rete ridges.

3. Subcutaneous tissue

This is the skin's bottom layer. And the subcutaneous tissue contains the fat cells. You know what those cells are for? They supply insulation to your body and they also make your skin full and plump.

Presenting the Wrinkles

How do wrinkles form and develop as people age? Through time, the epidermal cells will become thinner. As a result, you will also look thinner. The epidermal cells will also be less sticky. This means that there are more chances for the moisture on your skin to be released than maintained, which causes dryness. The decrease in the epidermal cells is actually

10 percent per decade. And as people age, they divide slower. For this reason, the skin cannot cope up quickly as it used to repair itself.

In the dermal layer, less collagen is being produced. The elastin fibers also wear out. Such factors will cause the skin to sag and wrinkle. The rete ridges, meanwhile, will flatten out. This will cause the skin to be fragile. And so the nutrients that the epidermis needs will not be met accordingly.

As for the subcutaneous layer, the fat cells get thinner as people age. This will result to more wrinkles and sagging.

It is a complex process that everybody will go through as people age. You can use moisturizer while you are young and take good care of your skin to slow down the process. But you have to admit that there will come a point wherein you will not only face a wrinkle in time, but other kinds of changes in your features as well.

That is okay. The important thing is that you age gracefully so that people will perceive you as beautiful inside and out.

Can Wrinkles Be Prevented?

The condition of our skin tells a lot about who we are. If it is not that elastic or as thinner as before, then you may already have wrinkled skin. The question now is, can we prevent it?

A lot of experts believe that we are only delaying the inevitable. There have been advances in the dermatological field which people can use as well as home remedies that have proven to be quite effective.

You can use lotions or facial creams that contain AHA's or alpha-hydroxy acids. This contains Vitamin A and is usually extracted from milk, fruits and sugar cane and works by clearing away dead cells on the surface of the skin. It encourages collagen growth which fills in the wrinkles and also counteracts free radicals that can damage the skin.

The only side effect is skin irritation which happens on occasion. You can test the product you are using by rubbing a little of this on a small patch of skin behind the ear. If it doesn't turn red the day after then it is safe for you to use.

You should also exfoliate your skin twice weekly to remove dead and dry skin cells and encourage the body to produce new skin cells. This enables the skin to absorb the cream or the moisturizer better since it is hydrated.

You can prevent wrinkles the natural way by cutting a piece from an aloe vera plant and then apply this to the skin as the leaf itself contains malic acid. Papaya is another good example to use because it contains enzymes that can etch away the top layer of the skin.

Apply a moisturizer every morning after washing as this helps retain moisture in the skin. Ideally, this should contain SPF30 so it can protect you from the sun's ultra-violet rays which also cause wrinkles to appear. A natural method would be to use fresh avocado as this contains vitamin E which is an anti-oxidant.

Aside from applying creams to your face, you can also prevent wrinkles by watching your diet and drinking lots of water. The food you consume should be rich in Omega 3 and 6 fatty acids that will help you achieve healthy skin cell structure.

You should also exercise regularly as this helps maintain general health and improve circulation to the skin. You shouldn't smoke or drink too much because it defeats the purpose of all the safeguards you have done to prevent wrinkles.

Stress forces us to make excessive use of the facial muscles which causes the skin to crease into expression lines. To prevent that from happening, don't frown too much or raise your eye brows in surprise.

Lastly, as much as possible try to stay indoors especially between 10 am and 4pm since this is the time that it is very hot outside. If you have to go out, wear a hat and even a pair of sunglasses as well as an umbrella to protect your arms.

Can we prevent wrinkled skin? The answer is yes as long as we take the appropriate steps. Those mentioned above are much cheaper than having to undergo laser surgery or injecting some chemical into the body so do your best before you have to resort to other means.

What Causes Wrinkles?

Do not freak out at the first sign of a wrinkle developing on your face. It is normal. It happens to everybody. It may not just happen at the same time. So what you have to do is research about its causes and the preventive measures that you can do to attain a younger looking skin even if you are already getting old.

So what causes wrinkles? Here are some.

1. Sun

It's a nice feeling to lie around the beach while being under the sun to achieve a perfect tan. But this is not a healthy feat especially if you do this oftentimes. Do you know that your skin's exposure to sun's rays is the number one cause for developing wrinkles? This doesn't really have to happen at the beach. It can happen every day when it is day time. It doesn't really have to be sunny for the sun to cause damage to your skin. Even if it is cloudy or seemingly like it is going to rain, as long as it is day time, you are not safe from the effects of the sun.

To counter this, you need to apply sunscreen to your skin, especially on the face and neck area and also your hands. This must be done whenever you will be going outside. To prove this claim, just look at your bottom. It sure doesn't have wrinkles on it. What's the reason for this? It doesn't get exposed to the sun as often as your face and other parts of the body are.

2. Hormonal change

As you reach the menopausal age, you will have less estrogen production. This kind of hormonal change may lead to the changes on your skin as well. This includes the development of wrinkles. When this happens, you will also develop a decrease in the development of collagen. Its breakdown will affect your skin and will cause more wrinkles.

You cannot do anything about this as this is a normal occurrence. To slow the aging process, lead a healthy lifestyle. You can also take in vitamins and supplements. You must also find the right moisturizer and cream to help you with the dilemma you are facing.

3. Muscle use

There are things that you do and cannot help that also cause wrinkles to develop easily. These are the facial expressions that will cause the skin's elasticity to diminish through time. This includes laughing, frowning, even crying and getting angry over simple things. If these are natural for you, then you cannot do anything about it. You just have to use creams and take the right vitamins to help you solve the problem.

4. Gravity

For sure, you know what this concept is. Are you surprised that this also causes wrinkles? This affects your skin by loosening such part. As a result, sagging occurs and also drooping eyelids.

You can try sleeping on your back to counter this problem. But only do this technique if you are comfortable in the said position. If not, then do not push through with this step. Having less sleep will do more bad effects on your skin. So the best thing here is to have enough rest.

Upon seeing a wrinkle on your face, do not freak out. Just remember that there are steps that you can do to help solve the problem. It is a must that you research about the topic before buying any product that you will use on your skin. You do not want to cause more harm when you only want to achieve a younger looking skin through time.

What Are Wrinkles?

There are physical signs that show that a person is aging. A man for instance may lose hair or slowly change to grey. Our skin shows signs as well and to understand it, we have to know what wrinkles are.

The skin is made up of 3 layers namely the epidermis, the dermis and subcutaneous tissue. The outer layer namely the epidermis becomes thinner and less sticky as we age. This in turn causes dryness and as this decreases by 10% per decade, it takes more time for the skin to repair itself.

This also affects the dermis because less collagen is produced and the elastic fibers which provide us with elasticity also wears out which is why our skin also sags. We don't sweat that much as before as there is a decrease as well in the number of sweat glands.

Now that we know where it can happen, we can describe what wrinkles are simply as ridges or creases on a surface.

But is aging the only cause of wrinkles? The answer is no. Studies have shown that exposure to ultraviolet light, UVA or UVB accounts for 90% of skin aging. This varies depending on race because of the person's pigment protection.

A few other studies have shown that wrinkles can also be caused by environmental factors. Examples of these include cigarette smoking and pollution as this may hasten aging by producing oxygen free radicals. These are particles produced by many of the body's chemical processes and when it is produced in excessive amounts, it can damage cell membranes causing not only wrinkle but other skin disorders as well.

Rapid weight loss may also cause wrinkles since you reduce the volume of fat cells that cushion around the face that will make the skin sag.

Now that we know what causes wrinkles, can it be treated? The answer is yes. Some dermatologists recommend retinoic acid which is applied to the skin to fill in the crevices. There are also things people can take such as topical creams and ointments to peel off the top layers of the skin, dermabrasion which is a procedure to sand the top layer of the skin, injecting collagen or botulinum under the skin and laser surgery.

Can anyone pursue any of the treatments mentioned? The answer is no. This depends on the patient's age. Whichever you choose, you should ask the dermatologist how effective is the procedure, is it safe, possible complications and the experience of the professional.

In some cases, a combination of these procedures is necessary; the best part is knowing that this causes uniform destruction and shedding of the old damaged superficial skin cells so the healthier deeper cells will take their place on the surface.

There is not much that people can do to prevent wrinkles because this is normal as we age. But we can slow it down by staying indoors between 10 am to 4 pm when the sun is the hottest and washing the face with a mild non-soap cleanser. The skin should be patted dry and lubricated at once with a water based moisturizer ideally SPF30 filter to prevent further dehydration.

Now that you know what wrinkles are, we can take steps to delay it from happening or just accept it for what it is. After all, aging is a fact of life all of us will one day face.

The Wrinkle Lowdown

What can be a more refreshing way to relieve one's self of the daily grind of work than to go out to the beach and stay in the sun....but wait till you hear the lowdown on wrinkles.

It is a fact that skin ages, as much as our physical appearance and it does that all over our body, especially on parts of the skin that is most often exposed to the sun.

These ageing come in the form of changes brought on by sun damage called photoaging, characterized by dryness or roughness, sagginess, skin growths called 'liver spots' or keratoses and – commonly – wrinkles.

There are two categories for wrinkles, which involves two varying degrees of wrinkle development, which are fine surface lines and deep skin furrows, for which common and general wrinkle treatments are more effective for the former, but the latter would require more aggressive treatments like long-term dermatological or plastic surgery.

Among the primary factors that contribute to skin wrinkles are smoking, which dries out the skin since it reduces moisture; skin type as well, since people with light-colored skin and blue eyes are susceptible to sun damage; hereditary peculiarities since there are family lines that are more prone to skin wrinkles; hairstyle, which obviously depends on how much skin is covered by the hair and protected from the sun; dress style, since this will also determine how much skin is covered or left exposed to the sun; and finally, recreational and occupational sun exposure that may spans over a period of years.

Currently, there are a lot of treatments available in the market today, both over the counter and prescription treatments, among them, Vitamin A acid, alpha hydroxy acids, antioxidants and moisturizers.

These treatment methods also include cosmetic procedures like glycolic acid peels deep peels, dermabrasion, laser resurfacing, surgical procedures and the ever popular Botox.

There is a popular belief that chronic stress can be a cause of aging in people, thus, the appearance of skin wrinkles, but most of these evidences are not specifically based on scientific findings, rather, more on people's observations and perceptions.

There is, however, a little-known yet significant study back in 2004 that established the link between between chronic stress and aging.

The study revealed that telomeres, these are structures located at the end of chromosomes that shorten with aging, also tend to shorten prematurely in subjects that are subjected to long-term psychological stress, resulting to prematurely 'aging' cells.

Although the results of this study shows a link between cellular aging and stress, the direct relationship of stress on aging is far complex and has not yet been fully understood nor backed with incontrovertible findings.

However, it could still be considered an ounce of prevention to keep stress at bay, since it can indeed have adverse effects on physical and emotional health.

Anybody concerned about getting wrinkles or other signs of aging should still be advised to practice a healthy and, better, a stress-free lifestyle or if not possible, even just keeping stress levels under control.

Finally, exposure to ultraviolet light, whether UVA or UVB, from sunlight accounts for most symptoms of premature skin aging, especially since most of the photoaging effects occur by the late teenage years around 19-20 years and so on.

Thus, the amount of damage to the skin, especially the presence of wrinkles is determined by the total lifetime of exposure to radiation and the person's pigment protection.

These may be the lowdown on wrinkles, but don't be anxious, with all the tips and treatments available everywhere, there's no need to hide and fear wrinkles.

Can You Prevent Wrinkles?

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Chemical Peels And Wrinkles

Chemical peels can remove wrinkles. They are also effective in removing the outer layers of sun damaged, blemished, unevenly pigmented, blotchy skin and pre-cancerous growth.

There are currently three strengths that are all designed to remove the outer layer of skin so there is fresh new skin growth with the absence of blemishes, blotches and wrinkles. Despite that, people should remember that chemical peels do not stop or retard the normal effects of aging. Let's talk about the three types.

The first is known as a light peel. Here, Alphahydroxy acids (AHA) and Betahydroxy acids (BHA) are used to treat wrinkles. The AHA solution can be mixed with a bleaching agent and at times can be used as a pre-treatment for those who plan to undergo TCA peeling or resurfacing.

The light peel is done without the need of anesthesia or sedation so the person will feel a slight sting. Treatment at the clinic could last from 10 to 15 minutes. During that time, it is normal to experience dryness, flaking, mild irritation or redness. You will be able to resume your daily routine within one to two days.

Medium peels on the other hand use a solution known as Trichloroacetic acid (TCA). Just like the light peel, this is only applied when your face has been thoroughly cleansed. You have the option to use a light sedative but this may already be unnecessary when the solution itself gives you a numbing effect.

Despite that, some people will still feel a warm or burning sensation. This can also be used on other parts of the body and you may need to have more than 2 treatments between one to two month intervals to achieve its full effect.

Deep peels: Phenol acid is the strongest chemical peel solution and accomplishes the deepest peel and most dramatic results. It smoothes coarse wrinkles and is often used to remove pre-cancerous growths. Blotchiness is also treated with Phenol peel.

The third is called deep "phenol" peel. Treatment usually takes one to two hours but if the area to be treated is small, then it can be done in 15 minutes. This is used on the face only and the patient will have to be sedated.

This treatment can only be done on patients that are fair and thin skinned with superficial wrinkles. Your eyes will swell afterwards and you will have to wear a dressing after the peel is completed. There will also be crusts or scabs afterwards that will last from 7 to 10 days and only then will you be able to go back to your daily routine.

Chances are, you will also have a hard time talking so it is best to go on a liquid diet. Since you can't do anything for the next week or so, make sure you have someone drive you around to your doctor's appointment or stay with you during recovery. You are also encouraged to stay indoors the whole time. If you have to go out, make sure you apply sun block first.

Chemical peels can remove wrinkles. You don't even have to go to a hospital since many of these specialists have their own private clinics. You just need to be examined first have to assess the condition of your skin so the right type of peel can be recommended.

Different Treatments For Wrinkles Around Your Eyes

The process of aging brings about so many changes in our physical condition and appearance. Having eye wrinkles is just one of them. But do you know what brought such changes? It is not solely because of the age of the person. It is more so because of a person's exposure to the sun and ultraviolet rays.

You might not notice the effect when you are still young. But as you may have noticed, there are people who look young even if they are already old and vice versa. This all boils down on how badly your skin is affected by such kinds of exposure.

Come on, this is the day and age where there seems to be a solution to every problem. People can go to a specialist on whatever type of ailment they are experiencing and they will be given specific treatment and medicines for whatever it is they are experiencing.

So if you are worried about your under eyes wrinkles or your crow's feet, you have a lot of options. But you must suit your choice according to what will make you happy and what you can afford. Are you going to try the latest creams and moisturizers or are you ready to take this case to the surgeon?

Here are some suggestions that you can follow if you are in this kind of dilemma.

1. Thermage is a new treatment for under eye problems like wrinkles. This will cause the skin on that area to tighten so that the lines will not be too much visible.
2. Botox as well as Restylane can act as dermal fillers. The good effects of these procedures can last for a good six months or more, depending on your skin type and the care that you allot for your skin to have.
3. Silk Touch and Fraxel lasers are known to eliminate wrinkles. You just have to ask your dermatologist if they will recommend the said procedures on the kind of skin that you have and with the situation of the wrinkles on your eyes.
4. Over the counter products like Vitamin C, Alphahydroxy and copper peptide are also known to lessen the unwanted lines around the eyes.
5. If you have additional problems like eye bags or the dark circles around your eyes, you can opt for Photo Genica and Lyra. These are part of the advancement of the technology that will remove the cause of the problem, which are the enlarged blood vessels. But if you don't want to take that route, you can always cover the problem with a good make up.

One thing that you have to remember when choosing what kind of procedure you are willing to undertake is that do you really need to do it. Such procedures may take a toll on your physical appearance when you are already too old to undergo through the same thing.

But the instant beauty will surely make you happy as you will see fast results. This will be beneficial if your appearance has something to do with your job or your means of income.

If you want to age gracefully and you are not the type to take drastic steps just so you can get rid of your eye wrinkles, then so be it. You can always tell people that those lines were brought about by the happy life that you have led and is still leading to this day.

Home Remedies For Wrinkles

Having wrinkles on your face or on your body is a normal fact of life. You can accept it for what it is or do something about it. Instead of buying expensive creams and moisturizers, perhaps you can try some home remedies that have proven to be effective against wrinkles.

You can apply egg whites under the eyes. For those that want to prevent wrinkles, you may also use odor free castor oil and put this to the skin, under the eyes or the throat.

Those who want to make their own cleansers can do so by emptying the contents of 3 Vitamin E capsules into a small bowl and then mixing this with 2 tablespoons of plain yogurt, half a tablespoon of honey as well as half a tablespoon of lemon juice. When this is mixed together, you get a cotton ball and rub this on your face and leave it on for 10 minutes then rinse.

Another mixture may come from a quarter cup of comfrey infusion, a quarter cup of witch hazel and 10 drops of patchouli essential oil. What is nice about it is that you can store the excess in a clean bottle so you can use it again later on.

You may also mix 1 teaspoon of raspberry juice with one teaspoon of orange juice, a teaspoon of olive oil, whipped egg yolk and 2 tablespoons of ground oatmeal. After mixing everything, you wait 20 minutes and smear this on the face. Once it dries, you wash this off with warm water.

If you happen to have coconut oil around, apply this in skin pore areas nightly before going to bed. For those that pineapple at home, you can cut this open and then rub the core of the fruit on your face for 10 to 15 minutes before rinsing.

You can also use green Thompson seedless grapes. Once you cut this in half, you gently crush this on your face so the juice will be absorbed by the skin. Make sure to leave it there for 20 minutes, rinse with warm water and then let it dry with natural air.

A paste of turmeric made with sugarcane juice can also be used as it has proven to be effective in getting rid of wrinkles and slow skin aging.

No matter what you use, be sure to have regular facials as this is very effective in controlling wrinkles. You should also give yourself a facial massage as this helps increase blood circulation which results in the tightening of the muscles which reduces the fleshiness of the skin and restores your youthful look.

When you do this, make sure you always start from the neck upwards and then end at the forehead. A faster way of doing this will require using all your fingers and massaging rapidly in a circular motion. If there are wrinkles on the jaw, pinch the skin between your thumb and fingers.

Before you apply any of the home remedies for wrinkles on the face, make sure you clean the area first with wet cotton so you are able to remove make up and be able to open the pores on the skin. If you need to go outdoors, the only thing you can do to protect yourself from the sun is to use a pair of sunglasses and wear a hat which helps delay the onset of wrinkles on the sides of the eyes strangely referred to as crow's feet.

Some Good Anti-Wrinkle Creams

What are wrinkles and what are your choices for good anti wrinkle creams? Wrinkles may be a sign of aging. But not all people develop such at the same point of their lives. Some people start to show the unwanted lines while they are still young and even at their prime. While other people only show such signs long after they had their granddaughters and grandsons.

There are many factors that may affect the wrinkle development. One important thing is the genes. Some are lucky when it comes to this. They look young and wrinkle free even if they are already considered old. This may also be attributed to the lifestyle. If you have developed vices such as drinking and smoking, it is more likely that your skin will look older than the people who are leading the vices-free route of living. And also, the food you eat is another important consideration. If you are eating right and healthy, this will also be visible on your skin.

There are actually a lot of factors to consider and to look under scrutiny when it comes to wrinkles. But first, let's go deep into what causes such. Below your skin's top layer, the collagen breakdown causes such unwanted lines. So what do you do in order to prevent or cure it? Solve the problem. You have to keep on producing collagen to avoid its breakdown. You have to do so while keeping away from harmful factors on your skin like the sun's harmful rays, pollution and even stress caused by pressure and too much hard work.

Here are some of the known creams to help you prevent wrinkles or ease the lines through time.

1. Retinoid. This vitamin A is a must ingredient for an effective cream for wrinkles. It doesn't only prevent, it will keep the already developed lines from deepening further. Examples of products that have this are Retin-A, Differin and Renova. This must be used before you sleep and if the problem is not yet at its worse, you can use this every other night.
2. Sunscreen. Research about wrinkles and you will find out that its number one source is too much exposure in the sun. As long as it is daytime, you need to protect your skin with sunscreen. It doesn't matter if it looks like it is going to rain or if it is cloudy, you still need the kind of protection that this cream can give you. It is recommended to use this product extensively over the face and the neck as well as at the top of your hands. You don't want to have a young looking skin with old looking hands.
3. Antioxidants. By taking in products that claim to have such ingredients, you will be able to fight collagen breakdown. You can opt for drinks like the green tea. You can also take Vitamins C and E. You can also ask for coenzyme Q10. All these will work fine in protecting your skin from developing wrinkles due to problems with the collagen. One popular product now that is available in the market that contains antioxidants is the Prevage cream. The main factor about this is its ingredient known as the idebenone.

Ask around or research thoroughly about this topic. It is a vital need to find the suitable anti wrinkle creams that can work wonders depending on your skin type. So do not end the search until you find the right one.

The Modern Approach To Wrinkles

From old wives tales to home crafted traditional concoctions, many have come up with a variety of skin care treatments that have been effective and not, but nowadays, one can be sure about the efficacy of modern approaches to skin wrinkle treatment.

If one can say that modern-day skin wrinkle treatments are very expensive, think again.

Today's modern technology not only gives focus to how it can make breakthroughs effective, but also to make it more affordable so that it would be marketable and appeal to the public.

Lasers, one of humankind's breakthroughs in light amplification that has found a lot of uses and sometimes unthinkably and as we may not know it, have important uses in our day to day life.

For quite some time now, lasers have also carved a niche in skin wrinkle treatment and there are several laser-related processes that helps in combating wrinkles.

One of the most common uses of the laser treatment for wrinkles is laser resurfacing, where physicians use instruments such as carbon dioxide and erbium lasers.

This is a somewhat similar process as dermabrasion, where a treating physician uses a rotary instrument to 'sand' the skin to achieve a certain smoothness, the only difference is that laser technology is employed to facilitate the treatment process.

The edge of laser resurfacing over dermabrasion, however, is that it has a greater reliability, precision and less risk.

In this process, the laser is passed several times over the skin area to be treated until the peeling reaches the middle of the dermis – the second layer of the skin, which helps stimulate the body's natural collagen synthesis, causing the sagging skin and wrinkles to plump up and make it appear firmer and smoother.

Some medical practitioners perform laser resurfacing under conscious sedation, where a patient remains awake and receives intravenous medicines to ease and calm the pain.

This is also combined with the application of topical anesthetic creams or injectable anesthetics like lidocaine.

The procedure may be repeated several times to achieve desired results, however, there is still the risk of causing permanent color change or scarring.

Another newer laser treatment procedure is fractional resurfacing, where newer and enhanced laser apparatus work through a modification of traditional laser resurfacing.

This form of treatment does not affect the whole skin but instead only evenly on evenly spaced spots surrounded by undamaged skin.

With fractional resurfacing, healing is much faster than the traditional laser resurfacing treatment but with less downtime as a result.

As with other laser treatments, several treatment sessions are needed to achieve desired results.

There is also another laser treatment called non-ablative laser resurfacing where modified and intensified lasers stimulate collagen synthesis under the skin without peeling or damaging the epidermis.

Studies have concluded that non-ablative laser resurfacing can actually improve fine wrinkles, though not as much a laser resurfacing.

All the same, several treatment sessions are also required to achieve significant results and the procedures are almost painless with little or no redness, downtime or peeling after the laser treatments.

Another process that involved heat and light is heat and radio frequency treatment is another variation of non invasive facial rejuvenation is by heating the skin tissue using radio frequency-inducing devices and infrared light sources.

As of today, techniques are still being developed to better improve the treatment process, but most, if not all results, have actually yielded positive effects and have been described to be safe, as well as produce a significant and lasting improvements, though not as much as surgical techniques like facelifts and plastic surgery.

All the same, as long as there is the desire to look for better alternatives and processes to counter the effects of wrinkles, all these modern approaches to skin wrinkle treatment will continue to produce more happy people in the days to come.

Natural Wrinkle Treatments

With the development of science and medicines, there are many ways that are claiming to cause wrinkle reduction as well as its prevention. But not everybody will have same reaction towards what the technology is presenting to them. There are effective ways to counter the problem without having to spend too much.

Signs of Aging

There are many signs of aging. And everybody will go to such process because this is natural. As you grow old, you will no longer have the capacity to carry out certain tasks. If you excel in sports while you were at your prime, your skills will disintegrate as your age zooms up. This is because of the bodily changes that is happening and will be happening to all people who will experience aging.

But this is not a bad thing. If you have lived your life to its fullest, you will no longer have anything to worry about once you feel the changes. But if it's just wrinkles that you are concerned about, more than the rheumatism, body pains, arthritis and all those pains that come with age, here are some of the natural ways to slow the process.

Reducing the Lines

If you see the lines on your face getting deeper and more pronounced, the first thing you have to do is look at your lifestyle. Yes, that simple. There is no need to head on to your trusted cosmetic surgeon. But there is also nothing wrong with that as long as you consult the right professional who has all the accreditations, education and practice.

But for those of you who want to do this the natural way, here are some tricks and tips that have worked wonders for many people. You never know, these may also work for you in reducing those unwanted lines.

1. Healthy diet

Eat right and your skin will benefit in the process. Include in your diet fresh fruits, vegetables as well as whole grains. Cook your food using healthy oils like olive oil that can also be used in salads and the likes. This will protect your skin against what you call oxidative stress. Following this step will allow you to live up to your 70s with only few lines. The reason for this is the high levels of compounds that are anti oxidants which can be found on most of these foods.

2. Exercise

This will not only make your muscles stronger, this will also help you maintain a glowing skin. Doing your daily exercises will keep your blood flowing. It will then bring oxygen to your skin.

3. Avoid the vices

Having the vices like smoking and drinking can be bad for the skin. These will increase the lines and creases on your face as you age. Add the fact that these are also not good for your health.

4. Avoid stressing yourself out

When you are young, you always want to prove your self worth. But as you age and when you've already proven what you meant, stay out of the stressful life's route. That will not only cause you hypertension but it will also cause your skin to wrinkle easily.

5. Stay happy

Happy people look younger than those who are always gloomy. They are pleasant to look at. Their skin is as vibrant as their personality. So look for ways to find your happiness and stay in that zone as long as it takes. That will surely make your goal of wrinkle reduction an achievable feat.

9 Foods That Fight Wrinkles

A proper diet can help us maintain a healthy lifestyle. If you don't want to have creases on your face or your skin, you should know what wrinkle fighting foods are good to eat. Here are nine examples.

1. Spinach and other green leafy vegetables are good because it contains lutein that helps give the skin its essential antioxidant mechanism by maintaining skin hydration and elasticity. Ideally, you should eat about 10mg of this daily which is about 4oz of this vegetable.

2. Beans are another because they are rich in antioxidants. Among the different kinds, red beans are the best because it contains the highest number of antioxidants that helps replace deteriorated collagen of the skin.

3. Tomatoes are another because just like beans they have antioxidants and also lycopene. A substance that reduces the risk of developing cancer and happens to be more powerful than Vitamin E supplements which are used to help the skin stay healthy. The best part about eating tomatoes is that you can eat this together with pasta, salad or a sandwich.

4. Aside from vegetables, turkey helps prevent wrinkles because it is rich in Vitamin B. It also has protein that slows the process in the skin known as cross-linking. So don't wait until Thanksgiving to add this to your diet.

5. Goji berries are rich in Vitamin C that will help fight free radicals that damage the skin. Believe it or not, they contain 500 times more Vitamin C per ounce than what you get from oranges. It also has antioxidants such as vitamin B1, B2, B6 and E as well as linoleic acid, an essential fat that plumps up the skin making it look smoother and younger.

6. Flaxseed is rich in Omega 3 and 6 fatty acids. You can mix this with other dishes like cookies and bread. The more you eat, the plumper your skin cells will be thus hiding away those wrinkles.

7. Beetroot is another vegetable that can help prevent wrinkles as it is low in calories and high in fiber. It also contains antioxidants and a pigment called anthocyanins that are known to support collagen production in the skin. You can cook this in a variety of ways such as curried, boiled, roasted and pickled.

8. Many of us see chocolates simply as a delightful snack or as a dessert. But few of us know that this contains polyphenol, a substance that rids the body of the active oxygen that causes aging. Not only that, it can also protect against UV damage which is also one of the causes of skin aging.

9. Salmon just like flaxseed contains Omega 3 fatty acids which reduce inflammation and helps lubricate the skin.

There are other things we can eat aside from the 9 examples mentioned to prevent wrinkles from happening. You should consult with your doctor or do some research on your own so you will know how to plan your diet.

Aside from eating, you shouldn't forget to exercise regularly and drink lots of water so your skin remains flexible and hydrated at all times. You shouldn't drink or smoke as this also helps the skin stay young and wrinkle free.

There are wrinkle fighting foods around. Know what they are and then get these items from the grocery store.

Over The Counter Wrinkle Remedies

There are different ways of dealing with wrinkles. You can choose to undergo a procedure or apply something to the affected area. Over the counter wrinkle removers are very much in demand because they are affordable. To give you an idea, here are the things you can get the next time you head on over to the drug store.

First are alpha hydroxyl acids or AHA. These products are water soluble and one example is Glycolic acid cream that helps remove hyper pigmentations and helps with photo damage, thickening of the dermal collagen and increase cellular turnover.

AHA's contain lactic acids and when you buy this from the store, you should get the kind that has higher concentrations as lower ones cause irritation.

Next there are betahydroxy acids or BHA. These are lipid soluble. Most of the products in the market are exfoliates, anti-inflammatory and comedolytic. These are sold by some of the most popular names in the business and often recommended by dermatologists.

Combination hydroxy acids or CHA have both the ingredients of AHA and BHA. Don't think that buying the first two products and then mixing it together will have the same effect because it won't as each has its own pH level.

There are also products that have enzymes. The nice thing about it is that these are not irritating and it only digests the dead skin layer. It also stimulates cell turnover and allows other products to penetrate the skin. Two of the most common happen to be fruits namely papaya and pineapple.

Then there are the topical products. These are available in vitamin A, C and E and purchased in the form of creams and lotions. Vitamin A for instance reduces and eliminates wrinkles by breaking down the free radicals in the body. Vitamins C and E on the other hand are antioxidants and also does the same thing.

Something that can work with Vitamin C and E are alpha lipiic acids because it is also an anti-oxidant. It works by penetrating the cell membrane to eliminate free radicals that have already been broken down.

To find the best over the counter wrinkle remover takes time. This is because you have to compare how one does over the other. To help you out, you can try visiting various websites that have gathered all the information you need such as the price, its effectiveness, quality and wrinkle cream ratings. With this information, you will be able to find the right one for you to use.

Some people who are skeptic about this online information say that one brand is said to be better than the other because he or she was paid to make it look that way. In the end, you have to try it out to see who is telling the truth. If you are able to find something that works, why change it? You should just stick with what you have until something better and more affordable comes along.

None of the over the counter wrinkle removers will perform a miracle overnight. You will have to use it consistently for days or even weeks before you see any results because again, these wrinkles occurred over time. Whatever you use, make sure that you only use the kind that is of good quality with the right combination of vitamins and nutrients.

Short Term Wrinkle Solutions

Wrinkles happen as we age. If you can't afford plastic surgery, there are short term wrinkle solutions you can use. The best part is that there are very few risks so you just have to consult with your dermatologist. Let's talk about each one in alphabetical order.

First is Botox which has been around for over 10 years. This is a protein toxin produced by the clostridium botulinum bacteria that is injected in small amounts into the body helping the muscles relax and make the lines disappear. It is effective in treating crow's feet, forehead wrinkles, frown lines and laugh lines despite the fact that some studies show it causes new wrinkles to appear. It is good for 3 to 6 months and can be repeated.

Similar to Botox is collagen which has been used for over 25 years. It is used primarily as a tissue filler to soften lines around the mouth, to help augment lips, correct early degrees of muscle loss and erase acne scars. The injection is good for only 3 to 4 months. Before you can be injected with this protein, doctors will have to do some skin tests first to make sure you are not allergic.

There is a treatment called autologous fat transfer. Here, fat is removed from one part of the body and then it is used to fill the gaps caused by the wrinkles. Usually, fat is extracted from the buttocks, stomach or thighs. Since the patient's fat is being used, there is no chance of allergic reactions taking place.

Another soft tissue filler is Restylane that is considered to be an injectable cosmetic treatment. This comes from hyaluronic acid which has proven to be very successful in Canada and Europe. Basically, this is a gel that is a basic component of the human skin. Unlike other procedures that fill in the gaps caused by wrinkles, this lets the skin cells "float" making it very suitable for large folds of skin often seen in the mouth and cheeks. This is effective for about 6 to 9 months with low incidence of allergic reactions.

Then there is also Hylaform which is an alternative to collagen and those who want to use it do not have to undergo an allergy test. Just like the rest, this has to be injected into the skin at regular intervals in order to treat wrinkles.

The procedures mentioned are not covered by insurance and do not have any health benefits. The only thing it can do is hide away those wrinkles for a few months and when they start to appear again, you have to go back to your dermatologist for the next treatment.

Apart from the short term wrinkle solutions, there are also homemade treatments which you can use to treat and prevent pimples. Most of these use simple things you can buy at the grocery and you may have to mix some of them. You should clean your face first so the pores will open and it can be absorbed by the skin, left to dry before it is rinsed.

So are short term wrinkle solutions the way to go? If you want to avoid the pain that is often endured with other costly treatments and the long recovery time, then the answer is yes.

Avoid Wrinkles With These Skin Care Tips

If you are young, you still have ample of time to take care of your skin to stop wrinkles from developing while you are still at your prime. There are ways to do it that will not cause you a lot. And besides, there are more to your life now than to worry yourself about such occurrence. It will come at the right time. You are already battling it out with all kinds of blemishes including pimples, so do not yet worry about something that still isn't visible.

But if you are careless about your skin, it doesn't matter if you are old or young. You will develop lines in your faces if you will not take care of your skin as well as take good care of your body.

Skin Care Tips

You may be young and you want to experiment with every aspect of your life. For young girls, you may already be experimenting with make-ups and other chemicals that promise to contain your young look and fresh skin.

Here are some of the tips that you must follow in order to slow down the aging process of your skin. And oh by the way, this goes out to young boys as well.

1. It is a must to wash your face. But do not do this too often, especially if you do not have a water purifier installed in your house that your only source for this act is the water coming straight from the tap. It actually contains chlorine which can add to the risks of developing wrinkles fast. If this is the case, wash your face once a day. This way, you will be able to retain a good amount of moisture and oil on your skin.
2. In washing your face, use mild soap. Choose the brands that have moisturizers as part of the ingredients. Do not use soaps and even deodorants with alkaline. If it cannot be helped, just avoid it.
3. Choose a brand of moisturizer that is water based. After washing your face, use a clean and soft towel to pat your skin dry then add the moisturizer.
4. The sun also contributes a lot in developing lines on your face. What you must do to counter this is to apply sunscreen when you are going out. This should be applied even you are only going to be exposed to the sun's rays for a short period of time.
5. The sleeping position can also contribute to slow down the process of developing the unwanted lines. You can try lying on your back when you are sleeping. But only do this if it will be comfortable for you. The effect of this act is that it will offset the gravity's effects.

6. Avoid smoking. You are young and you may want to try it all. But this vice is really not going to do anything good to your skin. Plus, your health will also suffer through time. When are you going to quit? When people mistake you for a 40-year-old than the 20 something that you really are? You surely don't want to take that route.

Everybody will develop wrinkles as they age. But while you are young and can still prevent it, do something about it. The abovementioned tips will hopefully do the trick for you.

Does Smoking Cause Wrinkles?

According to many experts, the answer is yes because it accelerates the normal aging process of your skin and contributes to wrinkles appearing. You will not be able to see the direct effects of smoking immediately but it can after you have smoked for 10 years or so and the bad news is that this is irreversible.

Smoking is ranked only second to sun exposure as the leading cause of wrinkles. It interferes with the absorption of Vitamin A and C both of which provide us with skin protection. This is because nicotine the main ingredient in cigarettes promotes dehydration.

It also narrows the blood vessels in the outermost layers of the skin. This impairs blood flow depleting it of oxygen and important nutrients such as Vitamin A. It also damages collagen and elastin. These are both fibers that give your skin its strength and elasticity making it sag and wrinkle prematurely.

The heat from the cigarette causes irritation around the eyes and forces the smoker to squint more. This leads to increased wrinkles especially around the eyes. You will also develop hollowed cheeks around the mouth from many years of dragging this in between your lips.

This has also led doctors to believe that there is a relationship between wrinkles in the mouth and COPD or chronic obstructive pulmonary disease as this may lead to airflow obstruction.

Aside from the wrinkles forming on your face, this will also be evident in other parts of the body including the inner arms even if these areas are covered by your clothes.

If you have been smoking for a very long time, someone who is in their 30's may have similar wrinkles to a nonsmoker who is already in his or her 50's.

So what is the morale of the story? Well, naturally quit smoking because no amount of anti-aging cream in the market will remove the wrinkles caused by cigarette smoking. Given that this vice is a habit, this is easier said than done so a lot of experts suggest that this should be done gradually.

If you fail to do so, you are just wasting time buying creams and moisturizers or even undergoing treatment with the help of a dermatologist because this will soon come back. What is worse is that these are very pricey.

If you are able to quit smoking, it also has other health benefits such as adding a few more years to your life and prevents you from being diagnosed with lung cancer and smoke related diseases in the future.

Aside from giving up this habit, you should also start by focusing on a healthy diet and exercise regularly. This will help bring blood to the surface of the skin and begin to replenish the capillaries with oxygen. You should also avoid drinking alcohol or caffeine as this also dehydrates the skin. To make sure you get your daily dose of Vitamin A and C, go take some food supplements.

Smoking causes wrinkles and other health related problems the longer you stick to this vice. Why should you wait before it is too late when you can look your age? If you can, quit right now because there are worse things than can happen aside from having wrinkles and your skin sag.

Antioxidants For Wrinkle Treatment

When you hear about wrinkle treatment, what comes first to your mind? If it is surgery, do not be drastic about it especially if it can still be diminished through the commercially available products for such cause.

The Antioxidants

Ever heard of the antioxidants? For sure, you have. It is all over the advertisements. Every product nowadays seems to be claiming antioxidants as their unique selling proposition or their USP. What is so special about this feature? Why is it that all of a sudden there is a swarm of products claiming that they have such?

To give you an idea, antioxidants are the substances which act as scavengers of the radicals in our bodies that are oxygen-free. These radicals are the particles which are unstable and can do damage to your cells to the extent of sun damage and even skin cancers. The more often your skin gets exposed to the sun; your antioxidants are reduced and therefore must be replaced.

Where can you get these antioxidants? Here's a list that you can go over to note the products wherein you can get these important substances.

1. Vitamins and Supplements. There are actually antioxidants supplements that you can take orally that will help prevent or diminish your unwanted lines. Some researchers found out that taking in a combination of Vitamins C and E will help lessen the sunburn reactions. But you still must use sunscreens for more protection.
2. Antioxidant topical products. These include creams, ointments and lotions that help protect the skin from the sun's damage. The more common antioxidants you can avail commercially include CoQ10 or the coenzyme Q10, Alpha lipoic acid, selenium and vitamins A, C and E.
3. Vitamin A. This has proven to be effective in ailing the skin damage caused by the sun and aging. The more commonly used for this type include retinol, retinaldehyde and other derivatives like retinoids.
4. Retin-A. This is also known as the Tretinoin. This is a topical product that has been approved to treat photoaging. You can only buy this if you have prescription form. The known brands are Avita, Differin and Renova. Such substance will create a rosy glow on your face and slowly reduce fine lines, liver spots and roughness of your skin.
5. Retinol. This is a natural form of Vitamin A. This was not made popularly available until recently. The reason for this is that it used to be easily seeped through by the UV radiation. But now the formulation is much stable and can create positive effects to your skin.

There are other medicines and products that will be available in the market to counter the developing lines which many people do not like to have. Wrinkles are normal occurrences to people as we age. But if it can still be countered, then who wouldn't want to take the measures.

Just a caution for pregnant women, it is advisable that you stop the use of any Vitamin A derivative until you have given birth. Some substances may cause birth defects; a sample of this would be the oral tretinoin. Stay out of such products if you are pregnant or even when you are only trying to conceive.

You can continue with your preferred wrinkle treatment after you have given birth. This way, you will not risk the life on your womb while you can still look younger after a period of time and you are already given a signal that you can proceed using the products.

The Truth About The Sun And Wrinkles

Many may not be aware, but the sun and wrinkles are closely related with each other and reading further will help you piece together the relationship between the sun and wrinkles.

It is a fact that exposure to ultraviolet light, whether UVA or UVB, that is derived from sunlight, accounts for 90% of the symptoms of premature skin aging.

Since most of the photoaging effects occur by the age of 20, the amount of damage to the skin caused by the sun is determined by the total lifetime amount of radiation exposure and the pigment protection.

Among the changes in the epidermis caused by continued exposure to the sun include, many harmful, thinning of the epidermis and the growth of skin lesions such as actinic keratoses, squamous cell carcinomas and basal cell carcinomas,

Prolonged exposure to the sun causes collagen in the dermis to break down at a higher rate than just chronologic aging.

Collagen fibers get damaged by sunlight and this causes the accumulation of abnormal elastin and when this sun-induced elastin accumulates, enzymes called metalloproteinases are produced in large quantities.

Under normal conditions, metalloproteinases are responsible for fixing sun-injured skin by manufacturing and reforming collagen.

However, this process does not always work well and some of the metalloproteinases actually break down collagen, resulting to the formation of disorganized collagen fibers known as solar scars.

And when the skin repeats this flawed rebuilding process, wrinkles develop.

As the sun continues to be the principal suspect in causing wrinkles, the most important skin-care product available to prevent wrinkles is sunscreen, but most people do not use sunscreen correctly.

It would be best to consider the important factors with sunscreen use, especially with the spectrum of UV radiation absorbed, the amount of sunscreen applied, and the frequency of application.

As mentioned earlier, the sun gives off ultraviolet (UV) rays that can be divided into categories based on the wavelength.

UVC radiation is absorbed by the atmosphere and does not cause skin damage, while UVB radiation affects the outer layer of skin, the epidermis, and is the primary agent responsible for sunburns.

UVB does not penetrate glass and the intensity of UVB radiation depends on the time of day and season.

UVA radiation, on the other hand, penetrates deep into the skin and works more efficiently and cannot also be filtered by glass, but overexposure to UVA can also be dangerous.

The intensity of UVA radiation is more constant than UVB without the variations during the day and throughout the year.

Regardless of their wavelengths, both UVA and UVB radiation can cause wrinkles as it breaks down collagen, creating free radicals, and inhibiting natural repair mechanisms of the skin.

A classification system of sun-sensitivity is the Skin Phototype (SPT) classification, which is being used to determine the potency and spectrum of protection that sunscreen formulations help protect from these radiation, as well as inhibit, if not minimize, wrinkles.

People with skin types I and II are at the highest risk for photoaging effects including wrinkles and skin cancer, thus the proper use of sunscreen to block both UVA and UVB radiation is an important in the battle against wrinkles.

As promised, the relationship between the sun and wrinkles has been established and the age old adage still holds true that says; an ounce of prevention is worth than a pound of cure.

Exercises For Wrinkles

Under eye wrinkles are caused by stressful activities. Fortunately, there are ways to deal with it. The cheapest way of doing it is by engaging in various exercises. What you have to do now is find out what these are.

But before we go there, we have to mention other ways to remove wrinkles.

The first and perhaps most obvious is to avoid stressful situations and learning to stay calm. But if you have a very toxic job, that is very unless and the only thing to do will be to quit and shift to a new career.

Many of us are not willing to do that which is why we have to resort to other means. You can also buy several makeup products to hide away those under eye wrinkles and eating right.

But perhaps the best which will not cost you anything are various exercises which you can do at any time. Since people will often notice wrinkles on the face, let's focus on what exercises can be done to remove it.

To firm up your forehead, you place your index finger just above your eyes and pull it down while trying to raise your eyebrows.

For your eyes and crow's feet, raise your lower eyelids without moving your upper ones. This takes some practice so don't feel bad if you don't get it right the first time.

You can also fix your cheeks by pushing the lips out and making a round shape then stretching forward. You then smile as wide as you can for a second and then let it return to its original round shape.

As for the lips, suck your fingers as hard as possible then slowly remove it. If you are a smoker, hide your teeth with your lips then make a small "O" shape while keeping the lips as tense and as wide as possible.

The exercises for the forehead, eyes and crow's feet, cheeks and lips should be repeated at least 10 times.

The neck and chin has a number of exercises. You can start by looking straight ahead and placing the index finger and thumb on your neck and gently pulling the skin down as you lift the head.

At the same time, you should keep your mouth closed and your teeth together so you can press the tip of your tongue against the bottom of your lower teeth gradually increasing the pressure until you count to 10, then hold for 6 and then slowly releasing it. You may use two fingers at the hollow of your neck as resistance when you are gently pressing in.

You can also lower your lip as far as possible, placing your fingers on your collar bone, pointing the chin as high as possible and then pulling the corners of your mouth down.

Another exercise involves placing your thumb behind the bone just under your chin, pressing the tongue against your lower gums and then pretending to touch your tongue to the thumb.

Working on the chin can be done by tightening the muscle there as firm as possible then pushing your lower lip up and as though you are pouting so it turns white and dimpled.

Now that you know the various exercises to remove wrinkles, the only thing to do now is include this in your daily routine. This should be done twice a day once in the morning and the other in the evening.

Wrinkle Resources

<http://www.amazon.com/Microneedel-Stainless-Cellulite-Treatment-Induction/dp/B00C87QY62>

http://www.amazon.com/shops/DST_Developer

<http://youtu.be/ogFJg4qeDqo>

<https://www.facebook.com/DermaSkinTherapy>