

Published based on [You Should Know These Ten Things About Skin Aging.](#)

You Should Know These Ten Things About Skin Aging.

1 : Skin loses elasticity as you advance in years and though there is not any way to revive it, you can slow down the method by hydrating well. You've got to take lot of fluids every day, preferably fruit juices and water.

2 : You do not have to turn to surgery. Nonetheless should you decide that you really need to, you may want to select collagen replacement treatment to revive the skins suppleness.

3 : There are additions you can take to fight off the symptoms of getting older. These additions are natural based so they haven't any complications and they can combat oxidising compounds effectively if taken regularly.

4 : The appearance of age spots can be stopped by avoiding sun exposure as much as your are able to. If you have already got these spots, ensure that you use protection such as suntan lotion in order not to make them worse.

5 : Vices such as drinking and smoking will only make you look older. It's important that you begin living healthier beginning at the age of thirty since this is when the 1st suggestions of premature aging appear.

6 : Avoid using scrubs on your face. When you start to notice aging signs, you should favour moisturizing more than exfoliation. Your skin wishes all of the moisture it can get because its natural capacity to moisturize itself starts to diminish.

7 : Stay a long distance from harsh cosmetics. As much as practical, use non-comedigenic or non pore blocking products to avoid breakouts and irritation especially if your skin is very sensitive.

8 : Load up on vitamin C and E

9 : Get enough sleep to give your body the chance to mend damaged tissues and replace dead cells.

10 : Avoid stress as much as you can . If this isn't possible ensure that you find an outlet to free your stress to prevent the development of stress lines.

When in Vegas look for Platinum Massage, they seem to be a [Las Vegas skin care](#) facility.

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