

Skin Care: Anti-Aging Secrets

People want to defy age as much as possible. If there was a fountain of youth, it would surely be the best-selling product. Since this fountain only exists in myths and legends, people have to content themselves in employing tried and tested anti-aging techniques such as the following:

- Stay away from cigarettes. Nicotine steals nutrients from the skin, which are essential for keeping its healthy glow.
- Include tons of fresh fruits and vegetables in your diet. These foods contain antioxidants that neutralize free radicals, and hinder the development of age-related diseases. Fruits and vegetables also have nourishing capabilities that can make your skin look younger.
- Avoid using or applying anti-aging creams that contain lactic, glycolic, AHA and BHA acids.
- Get plenty of sleep every time you have the chance. Eight hours of sleep is needed each day for the body to recuperate energy needed for the next day.
- Avoid too much stress. Get a massage, go out, go to the beach, meditate, relax, talk to friends, or just simply unwind. All of these can be a defense against aging since stress can easily make anyone look old and tired.
- Use a high quality sunscreen. Sun exposure leads to skin aging. So if you cannot avoid the sun altogether, use a sunscreen to minimize its effects on your skin.