

The Skin Rejuvenation Tale of Beauty and the Beasties

In a time not too long ago, Beauty basked in the loveliness of her young and radiant skin. Alas, little did Beauty know that the aging skin Beasties were lurking right around the corner.

The tale of Beauty and the Beasties begins in a land far too close to home as Beauty begins to fight the ravages of time caused by the beasties of age...

Those beasties begin to launch their inevitable battle during the young adult years when your attention is preoccupied with a million other priorities. Fun in the sun, basking at the beach and soaking up the rays are simply not a concern that is at the top of any fun loving young adult's mind.

Then before you know it, the beasties have quietly snuck in leaving a tell tale age spot sign here and a little fine line there. By the time you begin to notice that your skin is not as radiant as it once was, the beasties have already settled in for a long term siege.

As the years march along, it becomes hard not to notice the werewolf size whiskers that have begun to spawn on your chin or the frequent ghoulishly blood shot eyes. Maybe the your first sign that the horror show has begun in earnest will be those freakish fine lines radiating out from around the lips that trap lipstick in a lava flow effect or by the dark shadows haunting your under eye.

Aging skin problems vary from person to person but eventually the aging beasties will begin to capture your skin's former beauty. Fight back! Develop an anti-aging skin care plan early on so as your skin ages you won't be the one walking around like a life size shrunken head with the sagging jowls that are peppered liberally with age spots and wrinkles of prehistoric proportions.

When will it end? Only when you start sending the beasties running for cover by putting that anti-aging skin care arsenal at your disposal to good use will you begin to tame all those dreadful beauty beasties.

Deploy the retinol, call in the antioxidant troops, and send in the heavy AHA artillery which will send the beasties into retreat. Select your products with care, ensuring that they contain an effective concentration of the active anti-aging ingredient. (You don't fight a migraine headache with baby aspirin, do you?)

The beauty destroying beasties thrive in sunlight and with unhealthy skin conditions. These provide the perfect environment that delight and entice the beasties into bombarding your skin with direct attacks that accelerate many of the aging skin problems! The perfect foil for beauty beasties is sunscreen and a comprehensive skin rejuvenation regime.

Plan out a strategic battle plan that includes a morning regime complete with an exfoliant, antioxidant, vitamin A, and sunscreen. When you call in the troops for the evening make sure to also include an active anti-aging ingredient rich night cream along with a DMAE skin firming gel. Make use of every rejuvenating tool at your disposal including a weekly home microdermabrasion, facial steam, and periodic light AHA or BHA chemical peel.

Remember that it takes years for the tell tale signs of aging skin problems to become readily apparent, so do not give up! The key to beautiful skin is to plan your attack strategy sooner rather than later.

Be warned! The invasion of the beauty beasties is slow yet insidious and remember that skin rejuvenation treatments are cumulative. All this means is that you really need to be dedicated to your strategy for the long term. Change will be gradual but you will begin to notice over time that your skin looks healthier, vibrant, and, best of all, much younger.

You don't have to pull up your cowl and take cover, by taking charge of facial rejuvenation strategies you can successfully send those nasty skin aging beasties running for cover! It will take a few months but before you know it, beauty will emerge victorious once again.

Be forewarned though, those beasties will be waiting ever so ferociously for any slip up...

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

About the Author

Learn all about [skin rejuvenation](#) and [Anti-Aging Skin Care](#) at the Skin Care e-Learning and Resource Center which provides education on anti-aging skin care while focusing on facial rejuvenation strategies, techniques, treatment options and resources for aging skin care issues.