

Facial Skin Care Tips and Remedies

As far as new technology is concern, many people undergo the process just to look younger and to look beautiful. Mostly, they do that is their faces. As we grow old, wrinkles, dark spots and blemishes start to rule our faces. That is the reason why facial skin care products were designed to reduce the visible signs of aging and improve the health and beauty of the skin.

It is true what that beauty is only skin deep, so it is just right to do what feels right for you. With the huge advances made in skincare products today, most of us still prefer taking the less invasive way.

Here are some facial skin care tips and remedies that will help enhance the skin's appearance at any age without the help of needles and knives.

At the age of 20's, the skin is at its peak of beauty in your twenties, however nurtures its beauty and always use at least an SPF 30 sunscreen. Just continue using that at any age. Try to stay away from oily makeup and cover-ups. If possible use an oil free moisturizer every day. By this age using an eye cream under the eye area especially at night is also a good idea. Use products that contain green tea which have shown to help reduce the risk of skin cancer.

If you reach your 30's, it is when the skin becomes a bit drier and sun damage may begin to appear. Start using thicker moisturizing creams so as to lock in high contents of moisture. Just continue using with eye creams at night and use sunscreen too. Skin bleaching products may need to be used to diminish dark spots from sun damage. It is good to put your moisturizer on over damp skin. This helps lock in more moisture.

It's time to kick it up another notch when you reach your 40's. It is when your skin loses much of its tightness. This is when your skin may begin to look dull and your pores may become larger. Then the blotches, freckles, age spots, discoloration, and changes in skin color may become much more visible.

With this, the retinoids, anti-oxidants and alpha hydroxy acids can improve the look of your skin and your 40's would be a good time to begin using them. It is still essential that you continue using a thick moisturizer and eye serums on a daily basis. Home microdermabrasion kits are also an option that can result in a smoother more even appearing skin texture and tone while rejuvenating your skin's texture and color.

At the age of 50's, the changes in your skin have reached high gear. That is the time where menopause has assisted in the loss of Estrogen which is what has given your skin its elasticity and kept it hydrated, however since those estrogen levels have diminished, you will begin seeing wrinkles form around your eyes, drooping eyelids and expression lines around the mouth and forehead.

Try to begin using anti-aging or wrinkle reducing formulas such as vitamin A (Retinol) or Glycolic acid products. Retin A has proven to reduce fine lines and wrinkles while improving skin texture, skin tone and color, as well as your skin's hydration levels. Glycolic acid will trigger new formation of collagen to plump cells and reduce wrinkles on the skin's surface. Postmenopausal women can also use a cream containing progesterone that may improve skin elasticity and firmness.

There is always a way or even ways to get away with skin ageing. Surgery is never always an answer to that. Always put in mind that you can still manage to stay beautiful and have that flawless skin using facial skin care products and remedies.

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