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Find the Best Anti Aging Procedure for Your Skin by [Michelle Smith](#)

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People are more concerned about their looks and seek complements for their looks. Women want is a glowing and fair skin as they age, but unfortunately this is not possible. When we age, the skin also gets ages and loses its elasticity and youthful glow. One of the key causes of aging is the depletion of collagen in the body along with environmental factors. They are the fibrous proteins which bind the body tissues and provide support to internal organs. Due to the lack of supply of collagen tissues, the facial skin gets wrinkled and loses its elasticity.

Nowadays, there are many anti aging treatments available which use advance methodology for skin treatments. Many of such skin treatments are performed using advance laser technology which removes dead skin cells and helps in skin resurfacing. Apart from allopathic treatments, there are some natural and herbal procedures available for anti aging. All these laser skin treatments are done to remove wrinkles from the skin.

Apart from using anti wrinkle creams for anti aging therapies, it is advisable to intake natural fibers and proteins in daily diet to get best results. Physical exercise such as yoga is considered very effective in minimizing aging effects. Apart from dietary supplements, the consumption of vegetables and fresh fruits are good for fighting aging agents. They are considered as the natural anti oxidants and provides natural blemish to the skin. Together with the use of anti aging creams and collagen dietary supplements, you will get the desired results in just few weeks. For long term effectiveness, it is important to intake continuous dose of such dietary supplements along with skin treatments.

There are many anti wrinkle and anti aging cosmetics available over the counter which can be bought without a doctor's prescription. Wrinkle injection treatments such as Botox have an amazing short term effect on the skin and on wrinkles. They have been clinically proven to work. Women line up to have the toxin injected into there skin to reduce wrinkles and fine lines. The treatment is easy cost effective and it works.

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