Smart ways to avoid sagging skin on your face by Radsonsmith

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Seen those hounds with large, droopy jowls? What if your face becomes like that on aging? Well, itâ€™s not exactly possible for the human skin to get such droop, but some sagging is unavoidable. As your skin matures, it loses its firmness and gets thinner. However, you need not carry your sags and droops like the hound. Use a good skin tightening cream and let everybody guess your age.

Why skin sags?

Sagging of skin is normal after a certain age. As the number of years of your life increases, your body secretes lesser oils and fats, and fewer chemicals that keep your skin tight. It also loses its capacity to produce enough collagen, which is the pillar of support for your skin structure.

When your skin is left without the protection of oils and collagen, the structure starts collapsing. At the same time, the gravitational pull gets a chance to work on your skin. It starts exerting a pulling force on your skin, causing it to sag or droop.

You cannot stop gravitational pull. Nor can you stop aging.

Yet, you can delay aging and manage to keep your skin in its placeâ€¦tight and firm, by using an effective skin tightening cream.

Things we can do to control sag

â€¢ Avoid the sun. Continued exposure to ultraviolet rays of the sun causes your skin cells to break down the chemicals that maintain elasticity.

â€¢ Stop smoking. The smoke of cigarettes contains compounds that induce cells to break down collagen and elastin, leaving your skin dry and sagging. The smoke also meddles with the normal functioning of the skin cells.

â€¢ Drink lots of water. Keep your body hydrated. Do you know the human body is made of more than 70 percent water? Under normal conditions, each cell of our body is 95 percent water! The water content of skin cells establishes the skinâ€™s suppleness.

â€¢ Moisturize regularly. Drinking fluids keep your skin hydrated from within. However, external environmental factors like wind, dust, dry weather, use of bathing soaps, long hours in air conditioning, and your genetic makeup make the surface dry. Itâ€™s vital to keep the surface moist.

Most of the top anti aging creams contain moisturizing agents along with the chief ingredients that fight aging. Using such creams twice daily keeps your skin hydrated and healthy. If you are above 30, you need an anti aging formula. Itâ€™s wise to start using such creams at the right age and not wait until you have deep creases and dark spots on your face.

If you want to experience excellent firming, use BB cream. This cream is a rage in Asia. It has given millions of women their dream skinâ€¦soft, supple, spotless. Although the Asians instill a brightening ingredient in the cream to get fairer skin, the American version of this cream is more of an anti aging formulation. It keeps your skin tight and supple.

So, get a skin tightening cream and admire your beautiful, firm skin within weeks.

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Youtube videos show you how a a skin tightening cream or a a BB cream works. If you wish to know more about the a top anti wrinkle creams, watch the video.

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