



Article published on March 22nd 2012 | [Health](#)

You definitely have facial wrinkles at some point in your life as you age. A good way to tell you what you can look at their parents to look and see how well they age. This should give you a good guideline as you need to take action.

Add hereditary environmental factors such as sunlight, smoke, dry windy weather, as well as unhealthy diet and you will have a serious battle on their hands.

Wrinkles result as you age due to several factors, one of two vital proteins, collagen and elastin depletion. These are two proteins that are responsible for your skin is tough and flexible, when you were younger. However, with age, they slow down significantly, causing unwanted facial wrinkles.

You can remember those days when going out to any social event such a pleasure, but these facial wrinkles in his life he has become something of a wait.

All these Conceal not as fun as they leave you looking very unnatural. You think about collagen injections or plastic surgery, and they also left feeling uneasy. What are the opportunities? Here's what you can do to treat these facial wrinkles and make your best face forward.

First stay in the sun, if at all possible. If you have the sun, especially for a long time to protect the skin from the sun SPF 15 or higher and wear protective clothing. UV rays cause free radical activity, which damage the skin cells so your skin looks wrinkled, uneven tone and unhealthy.

Drinking several glasses of water a day will help hydrate the skin and also help it retain moisture. If your skin is properly moisturized, you will see a huge difference in your appearance.

Eat healthy. A healthy diet filled with lots of fruits and vegetables can really make a difference. They will give you lots of antioxidants, which are necessary in order to help reduce facial wrinkles. There is also a fish diet. Oily fish, complete with omega 3 fatty acids is one sure way to rejuvenate the skin.

Properly cleans and moisturizes the skin. Use warm water instead of hot water to clean the skin. Using a cleansing mask, and hydrate selectively mask every two weeks, see a lot of fat, smooth face.

Use anti aging wrinkle cream. The best would be the ingredients that are natural and have been scientifically proven to stimulate your skin's collagen and elastin production, which is crucial for the health and well-being of your skin.

The best products to reduce the facial wrinkles, it should also be such as emollients, shea butter and butter capucau. These are natural plant extracts that will keep your skin soft and hard

Moisturizers, seems like a good face wrinkle cream is jojoba, avocado and macadamia nut oil. They are natural and will give your skin natural nutrients to improve your skin's appearance.

Using natural products with active ingredients really work to revive the skin and visibly reduce facial wrinkles over time. Do not expect miracles, but a good cream will take more time to effectively treat the skin, it keeps your skin is absorbed into the skin to greatly reduce your facial wrinkles.

Visit my site and learn more about the most natural and effective ingredients to get rid of wrinkles on

your face.

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Article Keywords:

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