

## Effective Ways to Get Rid of Face Wrinkles

Most people accept wrinkles as a natural part of the aging process. Wrinkles appear on the skin as a result of the breakdown of collagen located deep beneath the skin's top layer. Collagen is a connective tissue, so when it breaks down, our skin loses its elasticity, causing wrinkles to appear more pronounced. Often, many choose to undergo cosmetic surgery to get rid of their wrinkles. But, the good news is that there are several ways to combat the development of wrinkles and get rid of the appearance of them without having to undergo the knife. So, here are some effective ways to get rid of face wrinkles easily.

Water is crucial to our bodies for many reasons, one of which is to hydrate our skin. Drinking eight or more glasses, (8 ounces each), of water each day will consistently deliver the much needed moisture to the skin. When the skin is hydrated, it will take on a healthy glow.

Next, remember to wear sunscreen every time you are under the sun. Damage to the skin as a result of the sun's rays is the number one cause of wrinkles. So apply a substantial amount of sunscreen to your face, neck, and hands as well.

Following that, after completing your skin-cleansing regimen, you also need to moisturize your skin twice daily, once in the morning and once at night. Choose a moisturizer that contains antioxidants and vitamins for the best protection. The antioxidants fight the effects of free radicals such as stress, air pollution, and the sun, translating to fewer or no wrinkles at all. Even oily skin types are able to benefit from the effects of a moisturizer, so do not skip this important step as you will be able to prevent and get rid of wrinkles.

Microdermabrasives will also help to minimize or prevent wrinkles from forming by eliminating dead skin cells and creating smooth skin lines when used consistently and properly. Another great option is to exfoliate once a week with an AHA, or Alpha-hydroxy acid, which is formulated with glycolic or lactic acid. These help to increase collagen in skin that has been damaged by the sun and to reduce the appearance of fine lines.

Creams containing Vitamin A, also called retinoid creams, are ideal for the prevention of wrinkles. These types of products are also effective for reducing the appearance of wrinkles that have already appeared. Vitamin A creams work in two ways: they stimulate collagen renewal and actively help to break skin cells down. Products are available both by a doctor's prescription and over the counter at a pharmacy.

We all know that exercise encourages oxygen to pass through our bodies and increases our blood circulation. The skin on our face can also benefit from exercises too! Good circulation to the skin will help to prevent wrinkles and enable us to look healthy.

Before you decide to invest in costly surgeries to get rid of your wrinkles, try wearing sunscreen, applying a good moisturizer, drinking a lot of water, exercising the muscles of your face, and investing in a good Vitamin A cream along with an exfoliant kit. Although you may need weeks or even months to see the best results, but that is nothing compared to the time it would take to recover completely from cosmetic surgery or the money spent. So try these simple methods and care for your skin in a natural way!

### About the Author

[Click here](#) to get free advice on how you can enhance the look of your skin. Ray A. Rubio is a skin care specialist providing advice on choosing the [best wrinkle cream](#) for you. Visit <http://www.clear-and-clean-skin.com> for more details.

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