

## Wrinkle Treatments For You When You Need Them

What is the worst part of getting older? Yes, you guessed it, wrinkles. Wrinkles are a part of life: When you get older, you move slower, and your face starts to sag. If you are one of those who wear your wrinkles like a badge of honor, then you must be thinking that they make you look wise and distinguished. As such, congratulations on being happy with yourself. For the rest of us, there are some treatments and home remedies available today that will help in the fight against the effects of aging.

Concern about healthy skin has dated back to the days of Cleopatra, Queen of the Nile. Natural and easy to use skin care products are widely available for your purchasing needs. But before doing that, you need to know what causes wrinkles. They are the result of excessive exposure to sunlight or UV radiation, pollution, and decreased estrogen levels. Even smoking has been said to create a wrinkle or two. These things lead to collagen or protein break down in the skin. Also, using the muscles in your face to frown or smile causes wrinkles to form overtime. And of course, good old gravity will cause the skin to loosen up and sag a little as well. Wrinkles are formed when the external layer of skin, known as the Epidermis, starts to thin, and the internal layer of skin called the Dermis stops holding it as firmly as it used to.

However, there is hope.

If you are like most people, then you may want to try a good facial scrub or cream. Facials and facial scrubs open up the pores of the skin, allowing the skin to breathe. Also, although your husband loves the way you look in make up, remember to remove it from your face daily. It is a well known fact that makeup left on the skin will clog your pores.

Another type of wrinkle treatment is that involving the use of cleansing milk or lime juice. They help with the removal of any oils that may cause your pores to clog. In addition, regular facials and fingertip massages to the face will help put those pesky wrinkles back into their places. To fight blemishes and remove spots, use lemon juice as a facial rinse a few times a day.

Avoiding the sun and not tanning are some of the best methods of keeping healthy skin. If at all possible, stop smoking and drinking, because the long term effects of alcohol abuse and regular smoking will cause your body to age more rapidly. Most experts agree that stress will also cause your body to age quickly. So, try to avoid stressful situations as well as stressful relationships. Go for regular check ups at your doctor's and try to eat healthily, although it is hard to do so with fast food joints being at almost every corner. Try to resist the temptation! A home cooked meal and plenty of water will not only change the way you look, but also how you feel.

Always remember that the road to healthy skin begins with a healthy body. So, use these wrinkle treatments regularly and you will be able to get youthful looking skin in no time.

### 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.

Source: [www.isnare.com](http://www.isnare.com)

Source: <http://articles.exospy.com>