

YOUR AMAZING SKIN

Wrinkle-Fighting Remedies For Younger-Looking Skin



Photo: Courtesy of AAFPRS.

These before and after photographs show how blepharoplasty can be one effective way to improve the appearance of an aging face.

(NAPSA)—While most women know the three fundamental rules for healthy, radiant skin—stay out of the sun, keep it clean and don't smoke—environmental elements and gravity may eventually take their toll.

Fortunately, there are now many ways to fight the effects of growing older. According to a survey conducted by the American Academy of Facial and Plastic and Reconstructive Surgery (AAFPRS), facial plastic surgery procedures are up 12 percent since 1997, with 90 percent of women admitting “looking younger” as a top reason for considering surgery.

“Today there is an array of corrective procedures and affordable techniques that can help postpone the effects of aging and restore a vibrant complexion,” said Dr. Russell Kridel, AAFPRS president.

Here's a decade-by-decade guide to keeping skin smooth and healthy:

30s

Cell turnover is not as rapid as it once was. Skin becomes drier and appears washed out. Wrinkles may start to show around the mouth, eyes and forehead as collagen, the protein that keeps wrinkles at bay, begins to break down.

Try an alpha-hydroxy cleanser to shed dead cells and re-hydrate skin with an intense moisturizer. Ask your facial plastic surgeon about

Botox injections to eliminate crow's feet and forehead lines, or a rejuvenating, non-invasive procedure such as microdermabrasion.

40s

Cell renewal and collagen production continues slowing down, causing skin to become looser and wrinkles more prominent. Stick with the basics recommended for 30-something skin, but consider adding a prescription strength exfoliator.

Chemical peel treatments can help smooth lines, fade brown spots, and even skin tone. Upper and lower eyelids may start to sag and your facial plastic surgeon may recommend blepharoplasty, a cosmetic procedure to open up eyes.

50s

Persons, ages 50-59 make up the largest group of facial plastic surgery patients, reports the AAFPRS. At this stage, fat cells begin to collect around the neck and chin, and a once-taut jawline may soften. Facelift surgery can lift and tighten sagging skin, smooth the neck area and refine the jaw line. For a non-surgical fix, ask about a skincare regimen containing a Tretinoin cream, vitamins C and E, and AHAs.

For more information on facial plastic surgery procedures, call the AAFPRS at 800-332-FACE or visit www.FACEMD.org.