

Get Rid Of Those Wrinkles

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Wrinkles and What You Can Do About Them

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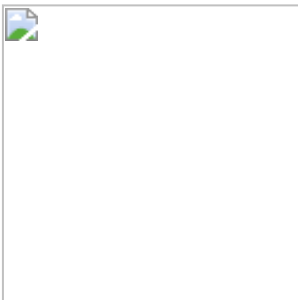


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Understanding Your Skin

It is always nice to look at a baby's flawless skin. There are no lines, no signs that a pimple has even been there and actually, it's perfect. You had gone that route but as you age, you can't help but accommodate a wrinkle in time until you no longer know where your baby skin has gone to.

To know about the causes of wrinkles, you must first know about the normal skin layers. Here are the layers that constitute human skin.

1. Epidermis

This is the outer layer of your skin. This protects the inner layers to whatever the environment may cause them. This seemingly tough outer skin is caused by the movement of keratinocytes, the cells of the epidermis, from its bottom part to the top. As a result, a large dose of keratin is produced. But when these cells reach the top, they actually flake off. So if you see scaly types of skins, it means that something went wrong in this process.

2. Dermis

This is the skin's second layer. This contains its structural elements, which is the connective tissue. There are actually many types of connective tissue. Each type acts for different functions. Some samples are the collagen. This gives the skin strength. The glycosaminoglycans are the proteins that give turgor to skin. The elastin fibers create the elasticity of your skin.

Between dermis and epidermis is the dermal-epidermal junction. This is an important feature as it interlocks and forms fingerlike projections which are called rete ridges. These will increase the area of the epidermis which is exposed to the blood vessels and needs nutrients. The blood vessels in the dermis give out such nutrients to the epidermis through the rete ridges.

3. Subcutaneous tissue

This is the skin's bottom layer. And the subcutaneous tissue contains the fat cells. Do you know what those cells are for? They supply insulation to your body and they also make your skin full and plump.

Presenting the Wrinkles

How do wrinkles form and develop as people age? Through time, the epidermal cells will become thinner. As a result, you will also look thinner. The epidermal cells will also be less sticky. This means that there are more chances for the moisture on your skin to be released than maintained, which causes dryness. The decrease in the epidermal cells is actually 10 percent per decade. And as people age, they divide slower. For this reason, the skin cannot cope up quickly as it used to repair itself.

In the dermal layer, less collagen is being produced. The elastin fibers also wear out. Such factors will cause the skin to sag and wrinkle. The rete ridges, meanwhile, will flatten out. This will cause the skin to be fragile. And so the nutrients that the epidermis needs will not be met accordingly.

As for the subcutaneous layer, the fat cells get thinner as people age. This will result in more wrinkles and sagging.

It is a complex process that everybody will go through as people age. You can use a moisturizer while you are young and take good care of your skin to slow down the process. But you have to admit that there will come a point wherein you will not only face a wrinkle in time but other kinds of changes in your features as well.

That is okay. The important thing is that you age gracefully so that people will perceive you as beautiful inside and out.

Can Wrinkles Be Prevented?

The condition of our skin tells a lot about who we are. If it is not that elastic or as thinner as before, then you may already have wrinkled skin. The question now is, can we prevent it?

A lot of experts believe that we are only delaying the inevitable. There have been advances in the dermatological field which people can use as well as home remedies that have proven to be quite effective.

You can use lotions or facial creams that contain AHA's or alpha-hydroxic acids. This contains Vitamin A and is usually extracted from milk, fruits and sugar cane and works by clearing away dead cells on the surface of the skin. It encourages collagen growth which fills in the wrinkles and also counteracts free radicals that can damage the skin.

The only side effect is skin irritation which happens on occasion. You can test the product you are using by rubbing a little of this on a small patch of skin behind the ear. If it doesn't turn red the day after then it is safe for you to use.

You should also exfoliate your skin twice weekly to remove dead and dry skin cells and encourage the body to produce new skin cells. This enables the skin to absorb the cream or the moisturizer better since it is hydrated.

You can prevent wrinkles the natural way by cutting a piece from an aloe vera plant and then apply this to the skin as the leaf itself contains malic acid. Papaya is another good example to use because it contains enzymes that can etch away the top layer of the skin.

Apply a moisturizer every morning after washing as this helps retain moisture in the skin. Ideally, this should contain SPF30 so it can protect you from the sun's ultra-violet rays which also cause wrinkles to appear. A natural method would be to use fresh avocado as this contains vitamin E which is an anti-oxidant.

Aside from applying creams to your face, you can also prevent wrinkles by watching your diet and drinking lots of water. The food you consume should be rich in Omega 3 and 6 fatty acids that will help you achieve healthy skin cell structure.

You should also exercise regularly as this helps maintain general health and improve circulation to the skin. You shouldn't smoke or drink too much because it defeats the purpose of all the safeguards you have done to prevent wrinkles.

Stress forces us to make excessive use of the facial muscles which causes the skin to crease into expression lines. To prevent that from happening, don't frown too much or raise your eyebrows in surprise.

Lastly, as much as possible try to stay indoors especially between 10 am and 4 pm since this is the time that it is very hot outside. If you have to go out, wear a hat and even a pair of sunglasses as well as an umbrella to protect your arms.

Can we prevent wrinkled skin? The answer is yes as long as we take the appropriate steps. Those mentioned above are much cheaper than having to undergo laser surgery or injecting some chemical into the body so do your best before you have to resort to other means.

What Causes Wrinkles?

Do not freak out at the first sign of a wrinkle developing on your face. It is normal. It happens to everybody. It may not just happen at the same time. So what you have to do is research about its causes and the preventive measures that you can do to attain a younger-looking skin even if you are already getting old.

So what causes wrinkles? Here are some.

1. Sun

It's a nice feeling to lie around the beach while being under the sun to achieve a perfect tan. But this is not a healthy feat especially if you do this oftentimes. Do you know that your skin's exposure to sun's rays is the number one cause for developing wrinkles? This doesn't really have to happen at the beach. It can happen every day when it is day time. It doesn't really have to be sunny for the sun to cause damage to your skin. Even if it is cloudy or seemingly like it is going to rain, as long as it is day time, you are not safe from the effects of the sun.

To counter this, you need to apply sunscreen to your skin, especially on the face and neck area and also your hands. This must be done whenever you will be going outside. To prove this claim, just look at your bottom. It sure doesn't have wrinkles on it. What's the reason for this? It doesn't get exposed to the sun as often as your face and other parts of the body are.

2. Hormonal change

As you reach the menopausal age, you will have less estrogen production. This kind of hormonal change may lead to the changes in your skin as well. This includes the development of wrinkles. When this happens, you will also develop a decrease in the development of collagen. Its breakdown will affect your skin and will cause more wrinkles.

You cannot do anything about this as this is a normal occurrence. To slow the aging process, lead a healthy lifestyle. You can also take in vitamins and supplements. You must also find the right moisturizer and cream to help you with the dilemma you are facing.

3. Muscle use

There are things that you do and cannot help that also cause wrinkles to develop easily. These are the facial expressions that will cause the skin's elasticity to diminish through time. This includes laughing, frowning, even crying and getting angry over simple things. If these are natural for you, then you cannot do anything about it. You just have to use creams and take the right vitamins to help you solve the problem.

4. Gravity

For sure, you know what this concept is. Are you surprised that this also causes wrinkles? This affects your skin by loosening such part. As a result, sagging occurs and also drooping eyelids.

You can try sleeping on your back to counter this problem. But only do this technique if you are comfortable in the said position. If not, then do not push through with this step. Having less sleep will do more bad effects on your skin. So the best thing here is to have enough rest.

Upon seeing a wrinkle on your face, do not freak out. Just remember that there are steps that you can do to help solve the problem. It is a must that you research the topic before buying any product that you will use on your skin. You do not want to cause more harm when you only want to achieve a younger looking skin through time.

What Are Wrinkles?

There are physical signs that show that a person is aging. A man, for instance, may lose hair or slowly change to grey. Our skin shows signs as well and to understand it, we have to know what wrinkles are.

The skin is made up of 3 layers namely the epidermis, the dermis and subcutaneous tissue. The outer layer namely the epidermis becomes thinner and less sticky as we age. This, in turn, causes dryness and as this decreases by 10% per decade, it takes more time for the skin to repair itself.

This also affects the dermis because less collagen is produced and the elastic fibers which provide us with elasticity also wear out which is why our skin also sags. We don't sweat that much as before as there is a decrease as well in the number of sweat glands.

Now that we know where it can happen, we can describe what wrinkles are simply as ridges or creases on a surface.

But is aging the only cause of wrinkles? The answer is no. Studies have shown that exposure to ultraviolet light, UVA or UVB accounts for 90% of skin aging. This varies depending on race because of the person's pigment protection.

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