

# Combat Aging Skin

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Aging skin is an issue that every person will deal with sooner or later in life. With the technological advances in skin care and non-surgical skin treatments, options abound to improve maturing skin and fight the aging process.

As the skin ages, it thins and loses elasticity and hydration. The pigment cells may abnormally produce brown spots and the skin surface can slow the repair process, causing dead skin cells to build up. Signs of aging can include lines and wrinkles, uneven skin tone, abnormal skin growths and crusting.

The easiest way to improve aging skin is to follow a good-skin care regimen, preventing issues before they begin. Over-the-counter products sold in retail stores often don't contain enough of the active ingredients to actually accomplish much. Medical-grade skin exfoliation, hydration and protection products can help improve aging skin IF one sticks with a program. Antioxidants, alpha hydroxy acids and sunscreens are key ingredients to protect and exfoliate skin. It takes time to correct skin issues once they appear; short-term use will not help. Many people become frustrated because they don't see miracles in a few days, but the key to success is persistence.

Successful skin improvement takes high-quality exfoliating/hydration/protection products and months of use. This helps remove damaged skin cells and promote cell turnover, producing new skin growth. With persistent use and good advice from an expert, over time the skin can become smoother and brighter.

Very damaged skin may require more than just creams. Sometimes chemical peels or laser procedures are needed. Chemical peels vary in type and strength from superficial to medium and deep. Wavelengths and power settings of lasers also differ, a fact which can be confusing to laypeople. The best policy is to find a good provider and stick with the program. Experts in facial skin care can recommend the best chemical peels and laser treatments for each particular skin type and condition.

