

Published based on [Ten Things You Have To Know About Skin Ageing.](#)

# **Ten Things You Have To Know About Skin Ageing.**

1 : Skin loses flexibility as you advance in years and though there is no way to restore it, you can slow down the process by moisturising well. You have to take lot of liquids each day, preferably fruit juices and water.

2 : You do not have to resort to surgery. However , should you decide that you actually need to, you might want to choose collagen replacement care to restore the skins suppleness.

3 : There are additions that you can take so as to fight off the signs of aging. These additions are natural based so they haven't any side-effects and they can combat oxidising compounds effectively if taken frequently.

4 : The appearance of age spots can be prevented by avoiding sun exposure as much as your are able to. If you have already got these spots, make sure that you use protection such as sun lotion in order not to make them worse.

5 : Vices like drinking and smoking will only make you appear to be older. It is important that you start living more fit starting at the age of thirty since this is when the first appearances of premature aging appear.

6 : Avoid using scrubs on your face. Once you start to notice aging signs, you must favour moisturizing more than exfoliation. Your skin desires all the moisture it can get because its natural capacity to moisturize itself is starting to diminish.

7 : Stay a long distance from vicious cosmetics. As much as practical, use non-comedigenic or non pore blocking products to avoid breakouts and irritation particularly if your skin is very sensitive.

8 : Load up on vitamin C and E

9 : Get enough sleep to give your body the opportunity to repair damaged tissues and restore dead cells.

10 : Avoid stress as much as your are able to. If this is not possible make sure that you find an outlet to release your stress to forestall the development of stress lines.

When in Vegas look for Platinum Massage, they seem to be a [skin care](#) facility.

[Las Vegas Skin Care](#)

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