

Fight Aging!



Shopping for anti-aging products is often hit-or-miss. Every person has different skin care needs and finding all-in-one product has become impossible. Dermatologist suggests few tips that can help fight aging skin:

1. **The Sun:** Protect your skin from the sun as much as possible. If you are planning to go on a vacation or spending the day at the beach, sun protection is essential. Try to shop for a sunscreen that is broad-spectrum, SPF 30 (or higher), and water-resistant. Be sure to reapply your sunscreen every two hours when you are outside on a bright sunny day.
2. **Cleanser:** Using heavy face masks and face scrubbing can irritate the skin. Irritating your skin can accelerate skin to age faster. Using a gentle face cleanser will help remove dirt without irritating your skin.
3. **Moisturizer:** Always give moisturizers a few weeks to show results. During this process start looking for major symptoms on your skin. Later look at the signs that bother you. Focusing on specific issues will help to buy the right product. Always remember, your skin needs care during the daytime as well as at night.
4. **Educate:** Information is available everywhere. All you have to do is look at the right place for the right information. If you are serious about your skin, invest time and do your homework. Always read labels before buying. Study your skin and your skin type. This will help down narrow down your perfect product that is right for your skin.

Myth- Best skin care products are always expensive.

Fact – Effective anti-aging products come in all price range.

Last but not least – It is human nature to believe that products advertised as “Clinically Proven” have been tested and are good for all skin types. “Clinically Proven” means that the product was provided to customers on trial. It does not mean the product underwent clinical trials and received approval from the U.S. Food and Drug Administration (FDA)

Published 26 APRIL 2021 Written by S. Jacob

References

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American Academy of Dermatology Association “11 ways to reduce premature skin aging.”

<https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin>

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