

Five Top Ways to Age Gracefully

Daily lifestyle choices you can make and change for beautiful younger-looking skin and increased health.

The biological make-up of our skin begins to show signs of aging as early as our 20s. Age shows not only on our face, neck and chest but all over. There are many ways to care for your skin and prevent premature aging. Following are five ways that you can age gracefully. These are things you can do in your daily life that will dramatically reduce signs of aging.

Don't smoke. If you do smoke, quit. We all know that smoking is bad for us and affects our body negatively. Smoking

smoking causes wrinkles

contributes to premature aging and many other health problems. The many chemicals in cigarettes influence the skin's structure and dehydrate the cells, resulting in increased aging.

Get some sleep. Research has shown that people who sleep regularly seven to eight hours a night are healthier than those who lack sleep or over sleep. Sleeping allows the body to repair cellular damage and recharge. To prevent signs of aging on the face, try sleeping on your back. Sleeping on your stomach or side can damage skin by slowing down circulation and weakening the skin's elasticity, resulting in wrinkles.

Sunscreen, use it, wear it, and love it. Wear sunscreen everyday-even on cloudy or rainy days, and even if you are just going to be outside a short time. We all know that the sun has harmful effects to the skin. Sun tanning and burning damage the skin, leading to premature aging. Sun exposure over time leads to wrinkles and ugly pigmentation spots. There is no excuse to not wear sunscreen, it comes in all forms and is formulated now to be lightweight and beneficial to the skin as well as giving sun protection.

Hydrate and Moisturize the skin from the inside and outside. Hydrated skin is healthy and plump, looks moist and shows few wrinkles and lines. As we age our skin loses elasticity; using moisturizers with ingredients such as vitamins and minerals that help repair the skin is the best way to restore elasticity and prevent its break down. Drink lots of water to hydrate the skin internally and use a good moisturizer. Try intense facial moisturizer or zinc repair cream by Vivoderm.

A healthy lifestyle and healthy diet can dramatically strengthen the skin and prevent premature aging. Fruits, vegetables,

healthy diet and skin

nuts and other nutrient- rich produce give the body strength to fight and repair damage. If you are good to your body from the inside out, you will have less external maintenance. Part of a healthy life style is getting exercise, so get up and get moving. Fit people also tend have less health problems. Health problems can lead to premature aging of the skin by showing wrinkles and damage earlier than those people who choose to be healthy.

There is no way to prevent aging - it is inevitable, however there are ways to slow it down. Today there is plastic surgery and amazing skin care products to improve the look and feel of skin. But it's never too late to prevent further damage so you don't have to take the drastic measures of plastic surgery or spend tons of money on skin care later in life.

About the Author

Our natural [skin care products](#) and [anti aging](#) mask are safe for all skin types, for face and body, for women as well as men, and for the young as well as the young at heart.

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