|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Anti-aging Skin Care Tips for Natural, Beautiful, Clear Skin!** **Follow these anti-aging skin care tips for a more youthful appearance!**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Anti-aging skin care** is a hot topic these days. No one wants to look their age and many seek help in this area. Seekers will find that there are some formulas which can help with prevent aging**.** As with all skin care, having younger looking skin is about discipline. If you want positive results you must be proactive with your skin care program. Anti-aging skin care is about slowing the aging process in its tracks through the use of our **anti-aging product** line. We have assembled a few **tips** to guide you in developing your skin care program. A good exercise program is at the heart of the **anti-aging** process. In addition to the benefits to your overall health, exercise helps to rid the body of toxins through the process of sweating. Your exercise program should always be followed by a warm shower to wash toxins from the skin.**Avoid stress:** Stress is a major factor to avoid with your **anti-aging regimen.** Stress interferes with your body’s natural metabolism and accelerates the aging process. Get plenty of exercise, put aside time for yourself everyday and get a good sleep. All of these activities help to reduce your levels of stress. Removing stress is not only a factor in your **anti-aging skin care routine** but is a great **tip** for your general health and well being.**Maintain a healthy diet:** A well balanced diet is an essential **tip** to maintaining a proper body metabolism. Eat plenty of fruit, vegetables and natural foods.Restrict the amount of oily and fatty foods in your diet. Not only do these affect the condition of your skin but can lead to more serious health threatening conditions.**Use skin care products as directed.** When **natural skin care products** are used correctly they can be of great benefit but overuse of some products can actually cause damage. Be sure to read the label and use exactly as directed. If you are uncertain about whether or not an anti-aging skin care treatment is right for you, consult with your pharmacist or dermatologist.**Drink plenty of water:** **Anti-aging care** relies on this to keep the skin hydrated. Don’t overlook this crucial **tip** in your routine.Water helps to evacuate toxins from the body and is a benefit to overall health. Doctors recommend that you drink 8 glasses of water per day.**Sunscreens are a must in your antiaging skin care routine.** It is essential that you protect your skin against the suns UV radiation; UV is known to speed up the aging process. Your skin will benefit from our Wrinkle Serum for wrinkle cure and anti-aging skincare. You should even follow this routine on cloudy days if you want to have an effective **anti-aging skin care program.****Vitamin C based skin care products** enjoy popularity in many **anti-aging skin care routines.** Be forewarned however; that these **anti-aging skin care product** lines oxidize very quickly which is known to be harmful to the skin. Take care to store them as recommended on the label and discard them if they turn a yellowish brown. This means that they have expired. **Do not use harsh, chemical based products** as part of your **anti-aging skin care.** Choose organic products made of natural components as beneficial parts of your program. There are many of these available for all skin types and conditions. Choose products with the least amount of synthetic ingredients. Be aware that the more natural a product is the more likely it is to have a shorter shelf life.**Do not leave skin disorders untended;** this may lead to permanent skin damage. This is an essential **tip** for your **anti-aging skin care.** It is a good idea to talk to your pharmacist about some of the over the counter medicines available on the market. If your problem persists, contact your dermatologist for advice and treatment.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |

 |

 |

 |