
Essential Anti aging Skin Care Products

Contributed by Lydia Snow
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It seems every day a new anti aging skin care product is introduced to our population. Researchers have found that a variety of natural ingredients and vitamin extracts dramatically slow down and possibly even reverse the signs of aging. The first thing that comes to mind when talking about anti aging products is the vitamin C based anti aging skin care products. Vitamin C is a potent anti-oxidant. These products work by enabling the production of collagen, the structural protein found in skin. This anti aging product is related to anti-oxidants. Applied as a cream, vitamin C can reduce fine lines and wrinkles. Besides vitamin C, vitamin E is an anti-oxidant. The fat-soluble anti-oxidant Vitamin E is found in human blood. It helps in building resistance against infection. Vitamin E is a known cancer inhibitor. Vitamin A or Retinol might help build up collagen fiber within the skin. Vitamin A minimizes the appearance of fine wrinkles with its exfoliating property. Copper Peptides naturally tightens the skin, improve suppleness, and diminish fine lines and wrinkles.

Green Tea Extract has been found to have anti-inflammatory and anti-growth traits. It has the ability to reduce the appearance of wrinkles, large pores and puffiness. It can be found in many skin care products. Alpha Hydroxy Acids (AHAs) have been shown to smooth fine lines and wrinkles in aging skin. The skin tone and texture can also improve with AHAs. Glycolic acid is an Alpha-Hydroxy-Acid that is the most beneficial in skin care. On absorption into the skin cells, Glycolic acid absorbs into skin cells, triggering collagen growth. Collagen fattens up skin cells thereby reducing wrinkles. Some B-vitamins like B5, B6 and B12 are also in use for anti aging products. Aging can cause skin discolorations. Many products are available to help minimize the appearance of age spots and to even out skin tone. Natural skin tone lighteners such as lemon extract and bilberry extract stop the process of melanin production. This reduces current age spots. Natural exfoliates like sugar cane extract and sugar maple extract help get rid of dead skin cells. Night creams with natural ingredients like macadamia nut oil, and licorice extracts help to firm the skin. Be patient. Anti aging products won't provide instant results. It's a gradual process and often takes one or two months to see some results. Some redness or itchiness may occur initially with some of these products. The redness and itchiness should disappear in a few days; if not consult with a professional.

The field of anti aging skin care products is vast. Research is needed for greater effectiveness. Though the available products now are helpful, they still have challenges to fight. With research these problems will get resolved eventually providing us with better and cheaper anti aging skin care products. Anti aging products are to be used as a supplement to natural care. Drink lots of water, get plenty of rest, exercise and eat healthy to help delay the signs of aging. We all want to age gracefully. Natural anti aging skin care products can help us combat signs of age.