

# How To Reduce Your Wrinkles And Rejuvenate Your Skin

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Wrinkle Reduction and Skin Rejuvenation! Learn The Secrets Of: How and Why Skin Ages Know Your Own Skin Type Treating Oily Skin Treating Dry Skin Double Whammy - Combination Skin How to Protect Your Skin The Sun and Your Skin Skin Creams and Wrinkles Good Nutrition and Your Complexion How Free Radicals Damage Skin Cells Vitamin C and Skin Care Is Dermabrasion Right for Your Skin Chemical Skin Peels Skin Care from the Inside Out Facelifts and Other Skin Procedures Sounds like easier said than done, doesnt it? Do you know the two types of aging that make your skin vulnerable? We address this in the first chapter. Know your enemy! Learn how and why skin ages. Good grief, how can you fight an enemy unless you have a full understanding of how and why it operates? Once you understand how and why your skin ages it makes the next step of identifying your skin type almost childs play in the next few chapters. The Skinny on Skin Creams Try counting the number of commercials you see every day touting some new miracle cream that is guaranteed to make you look the model. Yeah right! Anti-aging goods and services account for billions of dollars spent in the hopes of delaying the onset of skin aging. This topic is covered in our chapter on skin cream and wrinkles. Finally, get the skinny on skin creams and find out which ones work and which ones dont. Remember, those television AND print ads are designed to separate you from your money. Truth be told most of their claims are slanted and unrealistic. Often you will find that there are low cost solutions to the problems that these expensive creams are supposed to cure! Sandpaper Skin Care Well, its pretty close. Depending on who you are and what skin type you have this can be a brutal process! They use different names and supposedly produce miraculous results, but take a closer look. Were talking about chemical skin peels. . .wow, that sounds like something out of a bad sci-fi movie)! Then theres dermabrasion. . . yikes, did they dig that one up along with a mummy? They are tortuous, expensive procedures that are supposed to leave you with a new, younger looking top layer of skin and a refreshing experience. Hmmm, I think people with first degree burns experience that as well and they certainly didnt ask for it! Now, if you are really into personal torture you can graduate to the head of the class with Botox, Collagen injections, laser procedures, facelifts and other invasive methods. Be True to your Mother! Mother Nature, that is. Some

people have liposuction. Others have fat moved from one body part to another. Others are pushed, pulled and stretched into unnatural blobs of flesh. All this is done in the name of youth. Its a fact that Mother Nature does have tools in place that can give you optimal results helping you to look and feel younger despite the ravages of time. We do discuss these natural options as well. What Can You Do? Your skin is the largest single organ of your body. Its also the most vulnerable. Start educating yourself immediately! There is no reason not to fight the aging process with every tool at your disposal. Your best defense is information and not necessarily another \$50.00 jar of the latest and greatest so-called cures!

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