

Keeping Your Skin Beautiful and Non-Aging

Age does a lot of things to us – and most of them aren't good. Sure, we may get wiser, and more knowledgeable as a result of our experiences over time, but time also takes a hefty toll on our health, and appearance.

Our skin, the outermost layer of our body, and definitely the most visible part, is where this toll is most apparent.

Maybe this will surprise you, but the aging process that the skin goes through is actually very complicated. Granted, there are major and minor factors behind it, but all of them work together to rob your skin of its once-youthful appearance.

Can you fight it? Yes, to an extent you can.

Unless you have somehow discovered the miraculous fountain of youth, you're not going to be able to *stop* aging *entirely*, of course, but you can slow it down, or at very least stop some of the more apparent effects.

Here and now, you're going to learn how. But even before we get into that, we're going to take a look at some of the causes, and effects that come naturally as time passes.

Instead of jumping straight into it though, there is one question that you should probably ask yourself first:

“Why Do I Want to Keep My Skin Beautiful and Avoid Aging?”

Yes, it does seem like a no-brainer, but asking it can't hurt. Obviously, the most common answer is simply to avoid the undesirable appearance that goes hand-in-hand with the effects of aging.

Great – but is there any other reasons to keep your skin looking young?

Well, as you'll soon see, since aging is a natural process, there are many theories about what causes it and how exactly it affects us all. In the particular case of skin though, keeping your skin beautiful and 'ageless' will *not* reverse the aging process.

That said, there are some who feel that certain types of activities that help the well-being of the skin also can affect its ability to heal itself, and maybe even the blood flow within the skin.

Don't worry too much, we'll get into some specifics later on, but the bottom line is that there might be much more to gain from keeping your skin young than you first imagined.

Naturally, there are also the various psychological factors that run in tandem with young skin. Looking good, and feeling half your age are things that can definitely help boost your self confidence and make you feel good about yourself.

So, without wasting any more time, let's kick things off by looking at how the skin ages.

“What Causes Skin to Age?”

This really is the million dollar question. Okay, maybe it isn't a 'secret of life' type question, but seeing as we're interested in maintaining young skin, it is the one that we need to answer.

But the truth is, as mentioned earlier, it is not just *one* factor that causes skin to age.

Instead, it is a very complicated cocktail of factors that are all in cahoots to cause your skin to lose its youthful sheen.

Let's divide this cocktail into two types of factors though, so that we can better understand them.

Intrinsic Factors behind Skin Aging

Basically, intrinsic just means internal, and so these are the sort of 'behind-the-scenes' factors that make up the natural aging process.

Seeing as there is no 100% accepted and completely uncontroversial theory of aging, we're not going to discuss it too deeply. What you should know though is that genes are known to play a very big role in how fast your skin ages.

Unfortunately, as you are probably thinking, this doesn't help you much. After all, genes are genes, and you're kind of stuck with them, even if they are bad and you'd much rather have some other genes.

Perhaps at some point in the future, gene therapy will become a part of conventional medicine, but for now, it's probably best if you don't bank on it.

Instead of panicking if you are one of the many, many people with genes that really don't seem to help you as you age, let's move on so that you can see some of the other factors that also play a role.

If nothing else it should cheer you up, since some of these are things that you *can* fix.

Extrinsic Factors behind Skin Aging

In contrast to intrinsic factors, extrinsic factors are any and all external things that affect skin aging.

As you can guess, there really are a lot of external things that can affect skin aging, and they form the most part of the cocktail. But the biggest player this game is that gigantic ball of fire that we all know and love as the Sun.

Matter of fact, it is such a big effect that there is even a special name used by dermatologists for aging that is caused by exposure to the Sun's rays: photoaging.

For this reason, people who live in areas where the Sun is particularly intense end up having skin that seems to age faster. In actuality, this is caused by damage that the Sun's rays cause to exposed skin.

Although this is a big factor, it is by far not the by-all, end-all of skin aging. In fact, even the Sun's rays can be combated.

Other effects that play a big role too are animated facial expressions, gravity, smoking, and even sleeping positions.

All of these factors come together to effect the skin and how fast it appears to age. But, as you should already be able to see – unlike intrinsic factors, extrinsic factors are something that you can actually act upon.

Suggesting that you completely avoid going out in the Sun would, of course, be unreasonable, but there are several things that you can do to help protect your skin while you are out in it.

Similarly, with a few simple changes to your lifestyle, you could avoid some of the long term aging effects that certain other factors have on your skin.

Soon, we'll get into the specifics of some of the things that you can actually do to avoid slow down the aging of your skin and keep it looking beautiful. For now though, let's also just take a short look at what the aging process does to your skin.

Trust me – you’ll be much better off once you know the specific changes that aging can cause.

Also, it will probably motivate you to try harder to stop your skin from aging fast, so it really worth discussing.

Effects of Aging on Your Skin

Okay, so you already know what causes aging of your skin. But what is it exactly that *aging* causes on the skin which you would want to avoid?

Wrinkles maybe?

In reality, when your skin starts to age, a lot of changes take place that could be deemed ‘negative’, and to be honest, wrinkles don’t rank that high up, even if they are the most apparent.

As a direct side effect of aging, within the skin itself various core changes are taking place. For one, collagen (one of the main components of skin) stops being produced in such abundance.

Also, the elastin contained within skin, which is essentially the stuff that makes it so ‘springy’, also loses some of its ability to make skin snap back into place as fast.

While this may not mean much to you as yet – it basically also means that your skin does not regenerate as fast, and it also is not going to ‘fit’ you as well by snapping to your body. Thus, it is common for aged skin to start to sag, in other words.

Even the wrinkles that are so often regarded as being the hallmark of aging skin are actually caused by a combination of these effects.

But of course, it doesn’t just stop there. No; aging goes on to also cause a loss of fat underneath the skin, which can lead to a ‘sunken’ appearance, as well as cause skin to appear thin, and even transparent at times.

Coupled with extrinsic factors that also contribute to aging the skin, splotches or blotches can appear, as can age spots, and spider veins. On the whole, your skin will feel much more dry, and may even have very visible pores.

True, these effects can vary from person to person, and it doesn’t mean that you’re going to end up getting *all* of them at the same time. Some people only have very prominent wrinkles, while others just have a few age spots scattered here and there.

Still, as your skin ages, you will face at least *some* of these effects.

Among the effects that appear in *really* aged skin include deep furrows, or a collection of excess skin around the neck that is commonly known as ‘chicken neck’.

Don’t worry, unless you are really old, you probably don’t have it yet, so there is no need to check the mirror right now. But don’t you think that you would want to do whatever it takes to avoid getting it for as long as humanly possible?

Of course you would – everyone would.

And you can, so let’s go into how exactly it would be possible to do so, through many avenues, starting with avoiding those habits that cause skin aging.

Avoiding Factors that Cause Skin Aging

Sure, you could buy thousands of dollars worth of anti-skin aging products, some of which may work, some of which may not. Instead of all that though, there are a few simple things that we sometimes do which can cause skin to age faster...

So why not just avoid them?

Okay, for certain, some of this is *much* easier said than done. But honestly, some of us go our entire lives without knowing that what we’re doing *is* damaging our skin, or at least, prematurely aging it.

At least if you know about it, you can, maybe, fix it.

Really, it is up to you, but you’ll find that a lot of the things that we’re about to delve into aren’t really going to inconvenience you all that much. It’s really simple stuff to be honest, for the most part.

Smoking

Possibly the most difficult habit to actually avoid, due to its addictive nature, it is probably best tackling smoking first.

Of course, everyone knows that smoking is bad for a variety of reasons, but most of them have to do with the lungs or respiratory system in general. Still, research has shown that smoking can *also* cause problems related to the skin.

For starters, smokers tend to end up with yellow-hued skin after smoking for a number of years. In itself, this is a reason to avoid smoking – but there is more.

More recently, research has also shown that prolonged exposure to cigarette smoke (which is of course inevitable for a smoker) can increase both the dryness of your skin, as well as the likelihood that wrinkles form.

In fact, the starts of facial wrinkling have been shown to exist in smokers as young as 20 years of age. Admittedly, at this stage it isn't exactly visible to the naked eye, but it just goes to show that even someone at that age, who, really, should not be suffering from any sort of skin aging, can actually be starting to.

Generally, it is thought that this aging is caused by the effect that smoking has in damaging elastin. Therefore, a smokers skin is not nearly as 'springy' as a non-smokers, and wrinkles much more easily.

But stopping smoking is far from easy, as we all well know.

Still, it isn't impossible, and if you really want to do it, for both the good health of your skin and lungs, well there are many places where you could start.

Nicotine patches, gum, and other aids to help kick smoking are pretty easy to find nowadays, as are supervised programs and support groups that will give all the further assistance that you may need.

Although it won't be an easy journey, it is one that is without a doubt worthwhile, if you're serious about stopping your skin from aging as fast.

Alcohol Consumption

Just like smoking, it is an issue that is widely known about, but again, the specific effects that continuous alcohol consumption has on the skin in particular is not so common fare.

Know that red-cheeked 'alcohol flush' that is all too common after a night out drinking? Well, in actuality, that flush is caused because of increased blood flow near the skin's surface. The more blood that is flowing, the more red it is.

In turn, this is caused by alcohol causing the blood vessels to become dilated, thus allowing more blood in.

Up to this point, it doesn't seem like there is much wrong with that. However, after time, such actions can cause actual permanent damage to the blood vessels that are near the skin's surface.

Once that happens, the flush becomes more permanent, and it is even possible to visibly see the broken blood vessels through the skin.

Although this doesn't directly connect to skin aging, it still is definitely not exactly the most conducive activity for the well being of your skin. Also, it will affect the overall beauty of your skin in the long term too.

Kicking or toning down alcohol consumption is just as worthwhile as quitting smoking, and similarly, there are many ports of call which you could turn to if you really need help.

Chances are, you aren't a full-blown alcoholic, but even if you are, you can find ample support from various societies that specialize in aiding those with problems as far as alcohol consumption is concerned.

If you do manage to kick alcohol to the curb, you'll find that your chances of gaining that ageless skin that you want are vastly increased.

Facial Expressions

To be completely clear from the start: No one is suggesting that you go around with a *completely* expressionless face *all* the time.

But, rather, simply that contrary to popular belief, facial exercises through various expressions and so on are *not* going to help your cause – at least not as far as wrinkles go.

Many people think that exercising their face, just like other parts of the body, will keep it 'fit', and 'in shape'. Unfortunately, exercising is all about the muscles, and not the skin... and facial exercises do just the opposite for the skin itself.

Continuous expressions of a certain kind end up causing 'creases' in the skin, and eventually, after much repetition, these creases end up being full-blown wrinkles. Basically it's just like a piece of cloth: If you fold it in a particular way over and over again, it is going to end up creasing.

In the case of facial exercises in particular, the extra effort put in to the expressions also doesn't help at all. Going back to the cloth analogy, if you fold a piece of cloth forcefully, it is going to crease faster.

See where this is coming from?

Trying to hold yourself expressionless isn't a solution that is really viable though, but you can avoid wrinkling your skin more by forcing on expressions when you don't really need to at all (i.e. during facial exercises).

Likewise, stress can also cause unwanted expressions that end up creasing your skin.

Consciously or not, being exposed to stress regularly causes you to frown. It is only natural, and very, very, normal. Still, if you frown too much, you're going to end up creasing your face in those places, and end up with wrinkles that make it look like you're always frowning.

Don't panic though, a frown here and there is not enough to cause this. No, you have to actually be frowning a lot before you run the risk of permanently creasing your face.

Still, if you are exposed to high-stress situations often, then finding some outlet where you can release it, or trying different relaxation techniques, could be just the thing that you need. Meditation, yoga, or anything else that relaxes you would work fine.

Considering that stress, in itself, is bad for you, finding a way to keep it at bay is not an idea that should be too unappealing.

Sleeping Problems

If you have any sort of sleeping problems, you undoubtedly know that it does impact your skin's well being in some ways.

It goes without saying that you would feel tired, but you'd also look tired, with all the marks that go along with it. Most noticeably, of course, are the dark circles and bags that often appear under the eyes of those who have not had enough sleep.

When a sleeping problem continues over a long period of time, you may even find that your skin starts to sag a little bit more.

One way or another, you start to have skin that looks much older than it actually is, and if you want to avoid that, there is really only one cure: Try to handle your sleeping problems.

On the whole, most people do not have severe sleeping problems, but just the mild variety that are brought on by a number of very manageable reasons. So, it really might not be all that hard for you to solve this issue.

Here are a few of the better ways that you could try to start off with:

1. Stop drinking coffee or any other caffeinated drink, especially in the evenings or at night.
2. Don't eat for at least 2 hours before your regular bedtime.
3. Keep to a standardized sleeping routine, where you go to sleep, and wake up, at the same time every day.
4. Avoid taking naps during the day.

With just these 4 simple habits, you'll find that you could actually manage to kick most of the mild sleeping problems that you might be having. Of course, some people have more severe problems, and may require professional help before they can get a good night's sleep.

Still, it is yet another thing that is worth pursuing, considering how much more alert and aware you could feel, and also how much less tired.

Excessive Exposure to Sunlight

Earlier on, when we were discussing the factors behind skin aging, we mentioned that the Sun's rays played a huge role – and it does.

But of course, you're not going to want to avoid the Sun entirely. In fact, it would be unhealthy of you to do so. A certain amount of exposure to sunlight is actually very good for your skin's overall health, it is just too much that can damage it.

Sounds somewhat like walking on a tightrope, right?

Just as a slight guideline, the recommended amount of sunlight per day is about 15 to 20 minutes worth. Of course, this also doesn't mean that you should stay in doors, and then go outside and 'sun' yourself for 15 to 20 minutes.

Assuming you lead an average lifestyle, chances are that you're going to be getting about that much sunlight anyway, but sometimes, we get more because of a few activities that can cause our exposure to be excessive.

For example: Tanning.

While it might seem nice to have a nice brown hue of beach-tan, or even go to an indoor tanning salon to get it, the truth is that no matter how beautiful it looks for a

short period of time, in the long run, you're just damaging your skin and making it age faster.

Short term rewards, vs. long term damage – that's the verdict as far as tanning goes.

Another thing that you can do is to avoid spending too much time in the sun when it is at its most intense, so basically, anything from 10.00 am to 4.00 pm. This isn't really a problem, considering that if you're working a normal 9 to 5 type of job, you'll probably be in the office during those times anyway.

And even then, if you do have to go out in the Sun while it is at its most intense, you could just wear a hat to limit its effect.

In short, the idea is not to drastically alter your lifestyle, and only go out at night or anything like that. Rather, you should just try to ensure that you're not spending too much time out in the sun, especially when it is at its most intense.

If you do this for a couple of weeks, after a while you'll fall into a certain routine, and soon you'll probably start doing it automatically. At that point, you'll know that you're at very least stopping the Sun from damaging your skin.

That's the goal which you should be aiming for, at the end of the day.

Over-Exposure to Cold Weather

Too much heat from the Sun is bad, but then again, so is the flipside – too much cold.

When you are out in the cold, your skin naturally begins to dry by itself, and that can too cause skin to bear the marks of aging long before it should, especially if it is unprotected against the cold regularly.

Protection comes in the form of moisturizer, which can keep your skin from going dry and thus stop this problem almost entirely.

On the other hand, when you're at home, or indoors, you could consider using a humidifier, which would also work just as well. All problems of 'dryness' vanish in humid conditions, which is why people from humid countries tend to have enviously-young skin.

But short of moving to one of those countries, a humidifier is a solution that would work just as well.

Doing Your Best to Avoid Factors that Cause Skin Aging

Since you now know the factors that cause skin aging, and a few ways of how to avoid them, you should be off to a pretty good start.

Some things, like smoking, are really tough, but managing your exposure to the Sun's rays, cold weather, as well as stopping facial-exercises, alcohol consumption and even dealing with sleeping problems are definitely things which you could pursue.

The vast majority of people probably don't even know that some of these things actually end up causing your skin to age, so it would be a safe bet to assume that you didn't either.

Now that you do though, it is completely up to you to handle the factors that may be contributing to your own skin's aging process. The sooner, the better.

Of course, this isn't nearly the end. There is still much more that you can do so that you keep your skin young, and beautiful looking. Seeing as we've already discussed how to avoid certain factors, let's take a more proactive approach and discuss some habits, and other things, that *can* help your skin.

That way, you'll be able to take care of your skin on as many fronts as possible.

Habits that Keep Your Skin Young and Beautiful

Right, so what can you actually *do* to keep your skin young and beautiful?

Do miracle products that claim to be able to reverse the effects of aging actually work? Is there a 'fountain of youth' out there that you can go visit?

Well, before we get into the more outlandish claims of youth-in-a-bottle, let's first go over the basics. Don't be fooled though – despite the fact that some of these may seem commonplace, and not cost you an arm and a leg to carry out, they actually sometimes work better than their 'miraculous' counterparts.

So if you can save a couple thousand dollars and still keep your skin young and beautiful, well that's worth exploring, isn't it?

Keeping to a Healthy Diet

One thing that really does work wonders on your skin is probably so simple that you'll wonder why you didn't think of it sooner: Nutrition.

We've all been told, at some point in our lives, just how important nutrition is, and how a balanced diet can have so many benefits, so it is probably really very little surprise that those benefits extend to the skin as well.

Consuming good, healthful food is the key here, so you're going to want lots of fruit and vegetables, including those leafy greens that are just oh-so-nutritious.

Bear in mind though, that this is something that works in the long term. If you're expecting to eat an apple and immediately see your skin transform to be more youthful, well, that simply isn't going to happen.

But over time, as you keep to your healthy diet, you will definitely see that your skin ages at a less pronounced rate.

Not only will your elastin not lose its 'springy' nature as fast, but you'll also probably notice that your skin, in general, wrinkles less and seems to be healthier overall.

As more time passes, the differences between someone on a healthy and wholesome diet, as opposed to someone who isn't, become more and more obvious.

Fruit, vegetables, and a balanced diet – that's something that is really comparable to any fountain of youth, in the long run.

Drinking Plenty of Water (Hydration)

True, human beings aren't plants and don't need to be *watered*, but they still do need water.

All that it comes down to is a question of hydration really. Over the course of the day, we naturally shed water, and when our body doesn't have enough in it, well, that can lead to dry skin, which in turn causes other problems.

Again, it is a very gradual process, but constantly not consuming enough water will land you in a lot of problems.

Thankfully, the cure is pretty simple – just drink more water.

How much water exactly you should be drinking is a question that has no simple answer though. Because the rate at which you 'shed' water depends on a number of factors, it does tend to differ from person to person, and from climate to climate.

One rule of thumb that normally works is the '8 by 8' rule, which essentially just means that you should consume 8 glasses of 8 ounces each, every day.

On the whole, if you're consuming about 2 liters of water a day, you're fairly safe, but if you find that you sweat a lot, then you might want to consider taking more.

Keeping yourself hydrated can, and will, keep your skin from becoming too dry due to dehydration.

Wearing Sunscreen

Even if you don't live someplace where it is scorching hot on a daily basis, wearing sunscreen regularly is still advisable.

Choosing a good sunscreen is crucial though and normally you'd want something with a high Sun Protection Factor (SPF) which is the number that is used to determine how much UVB protection a certain sunscreen provides.

Another thing to look out for is whether or not the sun screen you're using also provides UVA protection (UVA and UVB are just two types of ultraviolet light that can be harmful to your skin).

As we mentioned earlier when discussing how it was possible to avoid excessive sun exposure, it would be pretty tough to avoid it completely. Wearing sunscreen is a reasonable alternative which will mean that you may not even have to make too big an effort to avoid the Sun.

Remember to put sunscreen on any and all areas of your skin that might be exposed. Some spots that people often forget are the back of their hands, and neck. It is places like these where the sun's effects in aging the skin can often first be seen, so be sure to take care of them.

Apply your sunscreen about 20 minutes before you go out into the Sun, and then consider reapplying it again if you sweat a lot, or get wet somehow.

Protecting yourself from the harmful Sun's rays is more than worth the slight hassle, and small expense that is associated with sunscreen.

Getting Regular Exercise

Certainly, exercise is good for your health, and will keep you looking and feeling young for much longer. But it is also, very specifically, good for your skin.

Keeping fit is a big part of staving off the aging process for as long as possible. If you're living a fairly sedentary lifestyle, then you might want to consider changing it, even if it is something as simple as a half hour of exercise a day.

When you exercise, not only are you toning your muscles by working them, but you're also encouraging blood flow throughout your body. In turn, that will help keep your cells oxygenated, with fresh air coming in all the time.

Also, you'll be acquiring that rosy complexion that is definitely worth exercising for.

If you already exercise regularly, then you need not worry about taking it up a notch. The idea here is to be fit and healthy, not turn yourself into a world class athlete.

If you don't though, you should start small and then gradually increase the amount of exercise you do. Start off with something easy, such as regular half-hour walks in the park, or on a treadmill if you can't find a nearby and accessible park.

Slowly, as your body gets used to this new exercise, you'll be able to push yourself further, and start jogging, or even running.

Otherwise, if you prefer more sports oriented activities, you could take up any sport that gives you a good workout, such as squash, tennis, or even something like football. Lawn bowling is probably not the best idea though.

Similarly, weight-training is a good idea too, as it would help build your muscles while giving you a nice workout. If you couple that with some sort of cardiovascular exercise, such as jogging, then you'll be all set.

Always remember, you're more likely to succeed at a workout routine if you can fit it into your schedule without causing too many disruptions to your daily life. Try something that is most convenient to start out with, and later move on if you want to.

Exercise really is its own reward.

Skin Cleansing Routines

Cleaning your skin – does it help? Of course it does.

No matter how clean your skin may appear to be, the truth is that throughout the day, and even while you sleep, your skin is excreting toxins through its pores. Furthermore, if those pores actually become blocked, it can cause breakouts.

Keeping your skin clean, and removing the toxins that are excreted, can help to promote the general well being of your skin. Thus, with healthier skin, the aging effects that are so often seen can be staved off.

Naturally, there are many ways to go about cleansing your skin, but let's look at the most common first: Soap.

Actually, there's very little wrong with using soap, and it does help clean your skin, but there are many better alternatives out there now that can suit even your particular skin type. Things like cleansers with moisturizing agents included are especially good for people with naturally dry skin.

Consulting an esthetician could allow you to get all the professional advice that you need.

There are many options for facial cleansers in particular that are inexpensive, and could be just what you're looking for.

Whatever you choose, try to cleanse your face about twice a day, just to be certain. Once, of course, should be right after you wake up, and once more over the course of the day, possibly at 12 hour intervals if it is convenient.

Be sure to also wash properly after exercise or any activity that causes you to perspire heavily. Within all that sweat are the very toxins that we've been talking about, and no small amount of salt too that will wreck havoc on your skin if you allow it to.

So be sure to wash off thoroughly, and possibly cleanse your face after.

Another, but more expensive, option is to have your face professionally cleansed every so often. Four times a year should generally suffice, but some people opt to go every four weeks or so.

Really, it's up to you, but the deep-cleansing that such professional services provide are really very much worth the money that they cost.

Simple and Yet Deceptively Effective

Did you notice that everything which we've discussed so far is really pretty simple for you to carry out? Even though they're more proactive than the 'things to avoid' that we discussed previously, they still don't really take too much time, or money, for you to start doing them.

And the best part is, they're really some of the most effective ways to keep your skin beautiful and completely age-free.

Still, unless you're really very young, you probably already have some effects of aging that have appeared on your skin. So while most of what we've discussed can help stop your skin from aging, they can't help too much with combating aging that already exists.

But there are things out there that can.

Treating Skin Aging Effects

Depending on the specific effect of skin aging which you want to combat, there are different methods which you would want to try.

Bear in mind that although most 'miracle cure' claims turn out to be exaggerated, there are avenues which you can pursue, but none of them really represent an overnight cure to reverse the aging effects on skin.

So let's go through some of the effects which you *could* reverse, one by one.

Wrinkling

No doubt, you've probably seen creams and lotions that claim to make wrinkles vanish, kind of like magic. Truth is, just like magic, they don't *really* work.

One treatment for wrinkles that can work though is laser therapy. Currently, the two types of lasers that are known to produce results are the CO2 or Er:YAG varieties, and both work around roughly the same principle.

Using the lasers, a doctor would remove layer by layer of the skin, until the wrinkle in question completely vanishes.

Another option that is generally less expensive is the use of a tretinoin cream known commonly as Renova. Although it is less costly, it is also less effective, and cannot completely remove wrinkles the way that laser therapy can.

However it can, and will, remove fine wrinkles, mottled and darkened spots, and skin roughness.

Bear in mind that there are constantly new types of treatment that are being discovered, but as things stand, these are the two approved ones that you can pursue if you really want to get rid of wrinkles.

Age Spots (Liver Spots)

Many people want to remove the flat, brown liver spots that appear normally on their face and arms in the same way that freckles do, but bigger.

Don't worry though – if you get spots such as these, there really is nothing wrong with your liver, but instead it is just a sign of over-exposure to the Sun over a long period of time. That's why it is the face and arms (as well as other commonly Sun-exposed areas) that are most affected.

For the most part, these spots aren't too hard to deal with, and there are a number of options from which you can choose what suits you best.

Tretinoin cream is, yet again, an option, but before you try that you might want to try several skin lightening creams that are more easily available.

Dry Skin

While the best prevention *and* treatment for dry skin is always moisturizers, as we discussed earlier, there are several varieties from which you can choose the best one.

In general, ointments and creams are more effective and stronger than lotions, so if you have especially dry skin, you might not want to bother with lotions at all. With creams and ointments, you can also save yourself the trouble of having to reapply them constantly.

Just as we also mentioned before, a humidifier could help you for when you're at home or indoors.

Other Specific Treatments

Having covered the basics of treatment, before you can honestly say that you know pretty much everything that there is to know about keeping your skin young and beautiful, you should also know some very specific and popular treatments.

Some of these are commonplace, and you'll recognize them instantly.

Still – they are options that are definitely on the table for those who want to somewhat reverse the effects that aging might have already had on you.

1. Botox

Over time, Botox injections have certainly grown in popularity. We're not going to get into the scientific specifics of how it works, but let's just say that it stops muscles from tightening, and thus stops wrinkles from appearing.

Of course, it isn't a permanent solution, and after a few months when the Botox injection 'expires', the wrinkles will reappear.

2. Wrinkle 'Fillers'

Unlike Botox, wrinkle fillers don't stop muscles from tightening, but actually 'fill in' the wrinkle, so that it does not appear. Still, they are just as temporary as Botox for the most part, and can have several side effects.

Sometimes, such fillers are even used to correct facial fat loss.

3. 'Lunchtime' Peel

Deriving its name from the fact that it can take as little as a 'few lunch hours' to perform, the 'lunchtime' peel is a type of chemical peel that treats the top layers of the skin.

Billed as rejuvenating the skin, and removing fine wrinkles, spots, and making the skin look more youthful overall, it is an option that produces very nice results.

4. Dermabrasion and Microdermabrasion

Commonly, these two types of treatment involve removing the top layers of skin, and letting new skin grow over it. Bear in mind though, that these options can be both costly and painful, requiring you to use general anesthetic.

Because the top layers of skin are removed, it can treat age spots and some fine wrinkles especially well.

With all of these options, you can probably find what you want. Remember though, at the end of the day, it would be far easier for you to prevent your skin from aging fast, rather than worrying about dealing with it once it does.

Prevention is, really, better than cure.

Where to Start Keeping Your Skin Beautiful and Non-Aging

As you've now discovered, there are a variety of ways to keep your skin beautiful, and prevent it from aging fast.

If you even do half of what has been recommended, you're on the right track, and you should be able to have great skin for a very long time. Who knows – your skin could look like its 20 when you're well into middle age.

Some things are definitely worth doing, and keeping your skin young for as long as possible is one of them.

With all that you know now, you should have no problems whatsoever doing that, as you know what to avoid, what to do, and how to correct already aged skin.

All that remains is to turn all of this knowledge into action, and enjoy your beautiful skin for as long as possible.