



Marc, My Words

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Anti Aging In Your Forties

Continuing on the chronological skin care timeline we come to the forties and fifties. By this time we're pretty set in our ways so hopefully we've practiced good skin care habits in our younger years. This is the decade that both men and women have a somewhat unique concern. For men it is a receding hairline and for women it is premenopausal skin conditions.

Forties- Continue on with the same skin care ritual you have been following but now you may need to switch your skin care products to a line that is made for drier, more sensitive skin as these are the changes your skin will likely go through.

It might be a good idea to begin monthly chemical peels to encourage more rapid skin cell rejuvenation. You could also ask your dermatologist about prescription medications that promote skin rejuvenation. To reverse the signs of aging continue using alpha lipoic acid, vitamin C and high quality cosmeceuticals.

Continue your preventive measures such as eating a nutritious diet, applying sunscreen regularly and performing regular skin cancer self check-ups. This may also be a good time for medical procedures such as collagen or botox injections. Just don't go overboard. Remember that as a forty year old you're supposed to look like a healthy forty year old, not a forty year old trying to look twenty again.

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TOPICS

- Anti Aging In Your Forties
- Anti-Aging in Your Fifties

"Although beauty may be in the eye of the beholder, the feeling of being beautiful exists solely in the mind of the beheld."

- Martha Beck

Anti-Aging in Your Fifties

Fifties- If you've been following the recommended skin care regimen you are now seeing that all your diligence is paying off. Your skin has a nice even tone and has enough elastin and collagen to remain firm and smooth. You have lines but they're lines of sophisticated experience. If you are not a fan of the signs of sophisticated experience now may be a great time to consider a surgical face lift. It may be somewhat costly but you will definitely receive a good return on your investment. The results of a quality face lift can last up to 10 years.

You may want to change a few things about your usual skin care regimen but for the most part, keep it consistent. Be a little more aggressive with your exfoliation. This will encourage faster skin cell renewal. Glycolic peels will also help with this. If, perhaps, you may have spent a little too much time in the sun throughout your younger years you probably have at least a few sun spots. These are areas of darker skin pigmentation. Seek out a quality cosmeceutical that treats sun spots. Also, continue using vitamin C and alpha lipoic acid. They will help to reverse the sun damage as well.

Regular relaxation and lymphatic massages should be a part of your skin care regimen now. It may sound like you're pampering yourself but just tell your critics you're concerned about maintaining healthy skin. The massages may feel great but they also help perk up your skin by expelling the toxins in your system.

Whatever you do, don't try too hard anymore. No one expects you to look the way you did on your wedding day. Just maintain a healthy lifestyle and be happy.



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