



## Article Side

4 Killers of Youthful Skin – Stay Miles Away from Them! [Pariswilliams](#)

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It's possible to have beautiful skin at 40. However, you don't get such skin just like that. You need to take proper care of your skin, apply suitable anti aging creams to deal with wrinkles and spots, lead a good lifestyle, and relax.

### Cigarette smoke

One of the most intelligent things you can do in your life is quit smoking. Cigarette smoke extracts all beauty and shine from your face. Just look at somebody who smokes. Their skin gives a hint of dullness. (Avoid looking at your face in the mirror; you won't find the hint, only others will.) Smoking is the second biggest culprit for aging. The first is the sun.

### Sun

Talking of the sun, you cannot avoid it completely in your life. Yet, you need to stay out of those piercing ultraviolet rays. You can call them "killers of beauty". Of course, the sun promotes synthesis of vitamin D in your skin, which is vital for good skin and health, (what a paradox!) but that's the early morning sun. After 10:00 AM, you must save your skin from it till sunset in the evening.

Always apply sunscreen before stepping outside. If you use anti aging creams, you need not buy a separate sunscreen because the best creams contain in-built sunscreen. These creams are designed to fight existing aging signs and, at the same time, protect the skin from further damage from the sun.

### Dehydration

Your body is made up of more than 70 percent water. Your brain is about 90 percent water and your skin cells also consist of nearly 90 percent water. With water as the base of our existence, it would be dumb to dehydrate yourself. Doctors recommend drinking 8-10 glasses of water daily. Water keeps your skin cells in top condition, which provides suppleness and elasticity to your skin. Need we tell you that this is what keeps wrinkles at bay?

Based on the fact that our body thrives on water, the cosmetic world has produced Hyaluronic Acid cream. This acid is present in the body. It is responsible for retaining moisture in cells and flushing out toxins from them. With age, its level declines. Cream replenishes the acid in the skin to plump up the cells and smoothen out wrinkles.

### Starchy and sugary foods

Too much processed foods can block pores from within. They are "empty" foods, which mean that they have no nutrition value, only empty calories. Include nuts and seeds in your diet. A handful of them are enough per day. They keep your skin supple and radiant. Avocados are "foods of the youth". Berries are rich in anti-oxidants, which prevent formation of free radicals and delay aging. Eat protein-rich food.

It's smart to use the best BB creams, but if you falter in your diet, you may not get the desired results. Moreover, adequate sleep at night is a must to let the night creams work properly beneath your skin.

Go with nature and you will stay younger for long. Go against it and feel the wrath of nature. That's why the best anti aging creams are formulated to work along your natural skin mechanism.

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