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Getting up every morning and facing the mirror can be quite a task, if you are in your thirties or forties. This is the time when the age spots, skin discolorations, and hyperpigmentation begin to show. Some of us might also start witnessing a receding of our hairline. These and other signs of aging start manifesting in our bodies and minds. What is the way out? Actually, from using some of the best available anti wrinkle creams to following a sedentary lifestyle, there are quite a few approaches to tackle this issue at different levels.

Different types of anti aging products from leading brands are available in the market that you can use to tackle the signs of aging on your skin. These anti wrinkle creams contain certain key ingredients that empower to deal with fine lines, crow's feet, and even deep wrinkles. The best in class creams also come with inbuilt protection to safeguard your skin against photo aging.

When you are buying such a cream, ensure that the product contains ingredients such as Hyaluronic acid, Matrixyl3000, and Argireline. This would ensure that the cream you are purchasing is effective in boosting the natural levels of collagen in your skin, and keep it radiant, glowing, and youthful.

The lifestyle changes that one would need to make to stay young and look attractive are simple. Take a balanced diet comprising all the necessary proteins and vitamins to repair and replace the dead skin cells. Exercise regularly to keep your body fit, your mind agile, and the skin glowing. The exercise regimen could be anything from taking a morning walk to signing up at the local gymnasium, depending on your passion and level of interest. The idea is to keep the momentum up and going. Know how an argireline cream can help you fight your wrinkles and age spots.

Drink around seven to eight glasses of water every day to keep your system hydrated. Use a good quality sunscreen while going out. If you do not have sun block, wear protective clothing and cover areas such as your hands and face from the harmful ultraviolet rays of the sun. Overexposure to the sun is one of the leading causes of appearance of fine lines, age spots, and wrinkles.

Eat food items containing anti-oxidants such as walnuts, kidney beans, and blueberries to boost your defense against free radicals. These are created when the skin is over-exposed to harmful UV radiation. Another option is to use moisturizers and lotions containing anti-oxidants to stop age spots from appearing.

Quit smoking if you want to look young and radiant. If you continue with this habit, the collagen in your skin would get damaged and lead to the formation of wrinkles.

Follow these steps and discover a much younger skin. Boost these efforts by using the best anti wrinkle creams and bask in all the compliments coming your way.

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Use Hydroxatone anti a [wrinkle creams](#) to transform the way you look. Their key ingredients such as a [Hyaluronic acid](#) and a [Matrixyl 3000](#) hydrate the skin and reduce wrinkles. Know how argireline

cream can provide fast and visible results.

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