Anti Aging cream

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Is There An Anti-Aging Cream That Really Works?

Everyone that has been alive longer than 35 years has heard about an Anti-aging cream that touts the fountain of youth. Is it really true? Can an anti-aging cream REALLY make that much difference? The answer may actually surprise you. There is some science to go with the hype, making some creams actually effective.

All Anti-aging creams are not created equally. For one thing, the consumer has to be aware of what is causing the wrinkles. Is it hormonally aging skin? Women, as they tend to age (men too) tend to lose elasticity in the skin. This is due to the shifting in hormones that provided strength and energy to the skin cells. If that is the problem, then finding a cream that addresses hormonally aging skin would be the best cream to purchase. However, men should be careful purchasing creams that are for hormonally aging skin because (sorry guys!) most of these formulas have been developed for women only.

Most creams all contain varying quantities of vitamins, acids, and emollients. The most popular acid is the alpha hydroxy acid, (sometimes with collagen added) which works to reduce the appearance of fine lines and wrinkles. It works well on the neck and décolleté areas as well. A good Anti-aging cream will work around the clock and not only while you’re sleeping. Another ingredient we’ve all been hearing about is retinol. This helps encourage skin cells to multiply. The effect of retinol is that it makes the skin smoother and promotes quicker cell turn over. It also tends to get ride of any minor acne and is good for preventing clogged pores. But, the problem there is, if you tend to be allergic to certain additives, you may find both hydroxyl and retinol harsh on your face.

To that end, an Anti-aging cream that has poly hydroxyl acid would be easier on the skin. Most who are allergic to other cosmetics do very well with this Anti-aging ingredient. These acids are derived from milk and sugar, so this is why they do not irritate the skin as much as the others.

So with all of these ingredients, is there really an Anti-aging cream out there that really does work? The answer is Yes, and No. Yes, because there are a wide variety of Anti-aging creams on the market that possess both retinol and alpha hydroxy. No, because not all creams have these additives in the same strength. Search for the Anti-aging cream that has the highest percentage of these two ingredients, and the results should be remarkable. Most users of creams with these two ingredients reported noticing changes within a few days.

Use Anti-aging cream if you have deep wrinkles, noticeable pores, sun spots or age spots, redness, and overall bad skin tone. Aging skin is a fact of life. Living with it doesn’t have to be.