

Anti aging skin care products

Anti aging skin care products remind me of the song '18 till I die'. Indeed, anti aging skin care products are very popular today; and why not, who doesn't want to look young for ever?

Talking of anti aging skin care products, the first thing that comes to mind is vitamin C based anti aging skin care products. These products work by enabling the synthesis of collagen (a structural protein that is found in skin). This category of anti aging skin care products is related to anti-oxidants. Anti aging skin care products that are based on vitamin C are, however, posed with the danger of getting oxidised themselves (as they come into contact with air during their usage). So some anti aging skin care products are based on the derivatives of vitamin C, which are more stable and less expensive. However, the effectiveness of such anti aging skin care is not as much as it is for vitamin C based anti aging skin care products.

Besides vitamin C, vitamin E and lipoic acid are anti-oxidants too. Vitamin E is a fat-soluble anti-oxidant that is found in human blood and helps in building resistance against infection. Vitamin E is also known to inhibit cancer. Liponic acid is known to combat the signs of aging very effectively by reversing the skin damage caused by the aging process.

Phytochemicals form the other category of anti aging skin care products. Phytochemical are special chemicals that are extracted from plants. There are a variety of phytochemicals that are in use today. Phytochemicals prevent occurrence of cancer of certain types; these include prostate cancer, breast cancer and colon cancer. That is why they find their place in anti aging skin care products.

Some B-vitamins like B5, B6 and B12 are also in use for anti aging skin care products.

The field of anti aging skin care products is vast and needs a lot of research. Though the currently available products are effective, they still have challenges to combat. Hopefully, these challenges will get resolved in due course and help get better and cheaper anti aging skin care products.

However, anti aging skin care products should be used only as a supplement to the natural ways of skin and body care. So, drinking a lot of water, getting a good night sleep, exercising regularly, maintaining healthy eating habits and keeping stress at bay are essential means of delaying the aging process. No anti aging skin care product can replace them really.

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