

## Anti aging skin care

One of the most interesting topics on skin care is 'anti aging skin care'. As one gets older, the natural defence of our skin (and in fact of the whole body) weakens. 'Anti aging skin care' is about protecting your skin from the negative effects of aging process. 'Anti aging skin care' helps in maintaining a young and fresh look for a longer period of time. However, 'anti aging skin care' doesn't end just here. Besides maintaining your looks (good looks), 'anti aging skin care' is also about retaining the resistance to disease. Though the awareness about anti aging has increased over a period of time, still a lot of people are unable to recognize the aging symptoms (and hence are unable to determine if they are in need of additional anti aging skin care measures).

Here is a list of visible anti aging symptoms that will help you in the planning and execution of your strategy for anti aging skin care: baldness, forgetfulness, graying hair, wrinkle formation, loss of eyesight or hearing loss and menopause. The occurrence of one or more such symptoms is an indicator for upping the ante on anti aging skin care. Note that we are talking about introduction of additional measures for anti aging skin care, we are not talking about starting 'anti aging skin care' altogether. 'Anti aging skin care' actually starts much before the symptoms of anti aging appear. Serious anti aging skin care is building and following a proper skin care routine much earlier in life (say in your teens). Anti aging skin care doesn't mean adoption of any special skin care procedure but just following a normal procedure in the right earnest. Eating a lot of fruits, avoiding stress, drinking a lot of water and using natural therapies can delay the aging process.

Once the signs of aging start showing up, you should start using some additional measures in the form of anti aging skin care products. The market is full of anti aging skin care products. In fact there are so many anti aging skin care products that they will probably find you even before you find them. Also, with age, the skin undergoes significant change. So you will need to analyse your current skin care procedure to check if it still holds good i.e. if it is still suitable for your skin.

You should remember that aging is a natural process and there is nothing that can stop it from happening. All these anti aging skin measures can just help in delaying the aging process.