

7 anti-aging myths you need know

Many of us start our own anti-aging campaign by browsing the internet in search for best anti-aging tips or solutions. But many of those are far away from the reality

Here are some of the most popular anti-aging myths:

Myth 1: Doing facial exercises will reduce the years

The dermatologists say that the repetitive facial movements can lead to wrinkles, they may improve the firmness and elasticity but the existing wrinkles may become worse as you are moving so many muscles. So that's not a good anti-aging tool.

Myth 2: Makeup with SPF protects as sunscreen does

For the foundation to have similar anti-aging protection as the sunscreen, it needs to have at least SPF of 30 and higher and be applied every 2 hours. Otherwise, don't think you are well protecting your skin youth with your BB cream or other types of foundation.

Myth 3: Our genes determine the speed of our skin aging

The genes do only 10% of job, the rest is done by the outward factors. Our lifestyle, what we eat, drink, how we care about the skin, do we smoke – all these factors constitute the larger part of anti-aging strategy than genes do. And if your mom looks young at her 50 it doesn't mean you will look the same, especially if your habits differ. And, fortunately, vice versa. If you care about your skin youth well you may look better at the same age your mom is.

Myth 4: Wrinkles betray our age

Wrinkles are just one of the age indicators. The most significant are the age spots. This is about the pigmentation that gives away the age. It's therefore important to use the sunscreen to succeed in anti-aging struggle.

Myth 5: The most expensive cosmetics, the better results.

Spending hundreds of dollars on anti-aging cosmetics of famous brands doesn't necessarily mean you will get the perfect results. Some of even the less expensive products with right ingredients may work well.

Myth 6: It's impossible to get our skin recovered as soon as it started aging

It's always better to prevent than cure. In anti-aging it goes exactly the same way. Though, fortunately, our skin is also characterized by an amazing feature of recovery possibility. If you care about health, beauty and youth of your skin well, use the right cosmetics and treatments you may always improve your skin. So you can always start your anti-aging combat.

Myth 7: There is no need in sunscreen when the weather isn't sunny

In fact, we need to give our skin anti-aging protection from sun every day. This is about UVA that causes large damages to our skin. Those rays are so powerful that penetrate the clouds, clothes and even glass. They harm the elastin, collagen and provoke the pigmentation.

So when it comes to anti-aging, defence your youth smartly!