

Ways to reduce wrinkles & the signs of ageing



Wrinkles and sagging are generally age-related skin changes. Lifestyle has a major effect on the skin's tendency to wrinkle but there are many things you can do to help minimise premature ageing of the skin, keeping it healthy and radiant:

- **Be gentle with your skin** – Where possible, avoid anything that irritates your skin. Replace perfumed soaps with products that are pH neutral and minimise your use of heavily chlorinated pools and long hot showers.
- **Eat a healthy diet** - a well-balanced diet, including the daily recommended water intake, will not only contribute to a healthy body, it will also help to keep skin in top condition.
- **Quit smoking** - smoking promotes skin wrinkling and is thought to emphasise damage caused by UV rays. Puckering up for a drag can increase wrinkles around the mouth. Research has shown that nonsmokers have less wrinkles than smokers.
- **Limit your time in the sun** – the most common cause of skin damage and wrinkling is ultraviolet (UV) radiation. UV rays assist the formation of cells that contribute to wrinkling and skin cancer. If you have fair skin, you are more likely to experience age-related skin changes, such as wrinkling, than someone with dark skin. To prevent wrinkling caused by UV rays:
 - Avoid the sun when it is hottest (usually the middle of the day)
 - Use sunscreen on skin that can't be protected by clothing
 - Avoid sunbathing and the use of tanning oils
 - Cover up when you can
- **Moisturise** – particularly if you have dry skin. Regular moisturising will help to conceal fine lines and wrinkles.
- **Get medical advice** – issues with your skin can be discussed and treated by your doctor or dermatologist.