

# Wrinkle Remedies

*Although wrinkles are a normal part of aging there are a number of things you can do to reduce the appearance of them on your skin.*

As the years go by, your skin produces less collagen and elastin, the stuff that gives your skin its elasticity and springiness. The result? Fine lines and wrinkles. Fortunately, the majority of the factors that contribute to wrinkles are under your control. While it is impossible to avoid wrinkles, there are a number of things you can do to reduce the appearance of them on your skin.

## Be Sun Smart

The sun speeds up the aging process, breaking down collagen and elastin more quickly than your body otherwise would. The process, called photoaging, is irreversible and usually takes place over a long period of time. Cover up your skin with sunscreen, hats and clothing to avoid as much UV radiation as you can.



## Don't Smoke

Smoking speeds up the aging process as well. Those who smoke 10 cigarettes a day for more than 10 years are more likely to develop wrinkles and leathery skin.

## Try Tretinoin

If your skin is already sun-damaged, you may want to try tretinoin (brand name Retin-A). It is a cream that has been shown to be effective in improving fine and course wrinkles associated with sun exposure.

## Botox

Doctors use Botox to treat frown lines, wrinkles around the eyes (crows' feet), and lines on the forehead and neck. Botox is not permanent – it needs to be repeated about every 6 months.

## Mesotherapy Injections

Mesotherapy involves the micro-injection of medication and vitamins into the skin. It works by stimulating the body to heal itself in a targeted area. Mesotherapy can treat wrinkles and aging of the skin, cellulite, sagging skin, and more.

**Sources:** <http://www.livestrong.com/article/27798-causes-forehead-wrinkles/> <http://onlinelibrary.wiley.com.ezproxy.cmcc.ca/doi/10.1002/14651858.CD001782.pub2/abstract> <http://www.nowloss.com/how-to-get-rid-of-wrinkles-naturally.htm>



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