

How to reduce wrinkles on face

Skin aging is the top concern of women because it is evidence of aging

Wrinkles appear as a sign of skin aging. Skin aging is the top concern of women because it is evidence of aging. Skin aging is not simply a law of nature, but around it, there are many unsolved mysteries.



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Here are the causes and ways to help reduce wrinkles on the face

first

In the car, the sun is also "attacked"

Many people believe that "hiding" in the car will be a safe way to protect the skin from the attack of the sun, which causes the skin to darken and form wrinkles. However, a dermatologist said that "If you spend many hours in the car every day, you should have a plan to protect your skin with sunscreen, sunscreen if you do not want to be penetrated by UVA ultraviolet rays. into the skin causing wrinkling.

2

Wrinkles caused by Gen

If you want to know when your skin will age, look to the previous generation. Wrinkles are caused by genes, so if you want to predict the "future" of your skin, you should rely on the skin condition of the previous generation.

3

Being lazy to drink water will be the habit of "inviting" wrinkles to

Water is an important ingredient not only for health but also essential for beauty. On the contrary, the body is dehydrated due to a lack of a certain amount of water, which makes you easy to face troubles and accelerates the skin aging process.

Therefore, this explains why if you are a person who drinks water, you will easily become the owner of a beautiful and flawless skin.

4

Collagen is the "iron armor" of the skin

Collagen is a very important component for the skin, creating elasticity for the skin, is a "weapon" to preserve youthfulness.

Therefore, supplementing collagen for the body is also a way to rejuvenate the skin. You can supplement collagen for your skin in many ways such as through food or with collagen-added creams.

5

Love is a panacea for aging skin

Love is not only a spice in life, from a scientific perspective, love will stimulate blood circulation in the body and clean pores, smooth skin and limit aging skin. chemical .

So you should maintain this spice regularly will also help you prevent skin aging.

6

Skin aging "knocks" on you from the age of 20

Many women often start "programming" a skin care plan since entering the age of hash because wrinkles begin to show obvious signs. However, results from studies have shown that the aging process actually "visits" you very early, in your 20s and up.

7

Anger can also be the "clue" of wrinkles

Anger is not only an unstable psychological condition, but few people suspect that it is also the "culprit" that makes wrinkles "uninvited". When angry, you often have bad habits such as frowning, frowning, squinting . These are bad habits with beauty, causing aging skin.

8

Rapid weight loss causes aging consequences

Do not be in a hurry to get excited when you achieve the effect of losing weight faster than expected, because then the skin may sag and concentrate into "clumps" of loose, wrinkled skin, which is a sign of the beginning of the process. skin aging.

So never apply a strict diet or an excessive exercise to squeeze weight in a short time because it always has potential downsides. Healthy weight loss is about losing about 2 kg per month instead of losing more than this.

9

Enough sleep is also good

Enough sleep is a simple secret to prolonging life and is also a "cosmetic" for wrinkles. Experts recommend maintaining the habit of sleeping 7-9 hours a day.

In case you have trouble sleeping for some reason, you need to quickly find the habit of getting enough sleep. Insomnia, lack of sleep is the "enemy" of the skin, causing dull skin, accelerating the aging process.

ten

It is possible in many ways to "flatten" wrinkles

This is the wish of many women, but unfortunately all these efforts only stop at the effect of blurring wrinkles instead of erasing them.

This means that no method is perfect and absolute to get rid of wrinkles. So the most effective plan to preserve youth for the skin is "prevention is better than cure", plan this before wrinkles can "settle" permanently on your skin.

11

Wrinkles are a problem only for women

Wrinkles do not have the ability to distinguish objects, so regardless of gender, wrinkles can be your "enemies". Especially if you eat, live without science, lack skin care consciousness, it will be a "prey" for wrinkles to visit you more easily.

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