

# Are Anti-Aging Creams the Fountain of Youth?

Are you starting to notice fine lines around your eyes and dark spots on your face? If you're not ready to commit to a cosmetic surgery procedure, you might want to find an anti-aging treatment to help improve the appearance of the skin around your face and neck. Some of the beauty formulas are meant to be used on your entire face, while others focus on a specific area such as your eyes or lips.

Good Housekeeping recently concluded a year-long study testing out a number of beauty products for their [Anti-Aging Awards](#). They tested a variety of skincare products including thick creams, creamy lotions and silky-smooth serums. Anti-aging products can be used by anyone, although they are typically marketed to women over 35 years old. Also, if you are concerned about damage from the sun, look for moisturizing products that include SPF protection.

## Benefits of Using Anti-Aging Creams

These miracles in jar claim to reduce dark circles under your eyes, get rid of under-eye puffiness, lessen fine lines and wrinkles and even firm up the texture of your skin. Youth enhancing facial treatments come in a variety of formulas from thick creams to light-weight serums and everything in between.

The major benefits of using anti-aging creams include:

- Plumper looking skin
- Diminished dark spots
- Improved skin tone
- Firmer skin
- Increased hydration
- Reduced pore size
- Improved appearance of fine lines

## Magic Ingredients in Anti-Aging Creams

Always use caution when choosing your anti-aging formula. The ingredients found in some of these age-defying treatments may cause skin irritation or a slight burning sensation. If you find this is the case, try using the product every other day for the first week or two. Most of the

products are meant to be worn under makeup, and work best if you use them along with a moisturizer.

You may see results in as little as a few days, although most anti-aging products require 2 to 6 weeks of regular use before you'll notice a difference. Retinol, hyaluronic acid and peptides are just a few of the more popular ingredients found in anti-aging creams and lotions.

Youth-enhancing beauty products may contain some or all the following ingredients:

### **Hyaluronic Acid**

Hyaluronic acid works to deeply moisturize the skin. According to the WebMD website, "some people apply hyaluronic acid to the skin for healing wounds, burns, skin ulcers, and as a moisturizer."

### **Retinol**

Retinol, a derivative of Vitamin A, helps reduce the look of fine lines and wrinkles. Retinol may cause flaking when you first start using it. Counteract this problem by using a facial moisturizer containing sunscreen to protect sensitive skin.

### **Peptides**

Peptides help plump, firm and hydrate the skin through stimulating collagen production. Peptides are another ingredient commonly used in beauty treatments to treat fine lines, especially around the eye area.

### **Antioxidants**

Vitamin C and Vitamin E are just a few antioxidants commonly found in anti-aging formulas. They help reduce damage caused by too much exposure to ultraviolet light and can help lighten age spots and other skin discoloration.

## **A Final Word on Anti-Aging Treatments**

While no beauty treatment is the miracle cure to aging, they can improve your skin texture and lessen the damage caused by years of sun exposure. If you're ready for a more radical solution, contact your local MedSpa practitioner to discuss the various treatment options they offer to help restore a more youthful appearance to your complexion.

