From Babies to Oldies

Young, old and everything in between share stories of skin care

A SPECIAL REPORT
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BABY SKIN CARE

There's truly nothing more exciting in this world than having a child of your own. The first time around it's so mysterious and wonderful. You hardly know what to really expect from the little wonder. Well, one aspect of this newfound parenthood I can tell you about is their delicate nature. Babies are soft and fragile. It's up to you to treat them as gentle as possible. Their heads are not fully protected by a skull, their limbs are tiny, their necks are not yet strong, and their skin needs special care and pampering. Oh yes, baby skincare is a crucial issue to consider. You can't just toss them in the tub with you and scrub their little toes and back with some Zest. They require sensitive products.

It's a blast being a parent now days. I heard this spiel over and over from my mother. As she watched my wife and I care for our daughter when she was an infant, she redundantly emphasized how many cool
products are currently available. From cribs, to strollers, to bassinets, to simple baby skincare lines, we now have access to it all. She said it was never like that when I was a baby. I suppose she's right. When my daughter was born, my wife and I purchased plenty of baby skincare products from Johnson and Johnson. To be completely honest, this was the only brand I knew of. Not to mention you can buy them in any drugstore. While they may not be the fanciest or most expensive baby skincare solutions on the market, they work great. Personally I live the way they smell and our daughter seemed to as well. Not long down the road, my wife came home with higher-end Mustella baby skincare products. She had bought them from Nordstrom's and was clearly stoked about the way they smelled. She claimed they were her new favorite and totally worth the extra cost. So we tested out the Mustella baby skincare line, and all seemed perfectly fine.
It comes down to what you're willing to spend and what scents you prefer. Whether you purchase Gerber, Johnson and Johnson, or Mustella is irrelevant, because they all work well and are gentle enough for any child. So shop around for baby skincare items and do some sniffing.

**MEN SKIN CARE**

Though women are the largest part of the target market when it comes to skin care products, men are becoming more important in this industry. Though not all men care about their skin, there are many more who are finding they want to look younger and take care of their skin. Though men skin care has been around for a while, there seem to be more and more lines coming out just for them. The reason for this is because men’s skin is different, and they something need something made just a little differently than products for women. This is not always the case though.
My husband has dry skin on his face, and it has gotten bad in the last year. He often has reddish patches of dry skin that makes him feel very self conscious, though he tends not to care otherwise. This is really bothering him, and he has been trying many different types of men skin care to help clear up the problem. It seemed that nothing was working, and I finally told him to use my moisturizer. It cleared up within a week, and now that is all he uses. Just don’t tell his friends or coworkers that or he’ll die from embarrassment.

The embarrassment is probably why many males like to buy men skin care lines when they have problems such as this. They don’t want to buy ladies brands. Though there is something feminine about buying lotion for the face (at least to some men), it does seem less frightening to buy something that is labeled as men skin care. Though this might seem kind of silly to women, I think most of us understand why men would
want something made just for them. Even the scent can be something that prompts them to buy.

Men skin care products are better than they were before, and those who make them seem to understand what problems most men are dealing with when it comes to caring for their skin. Shaving can be a huge problem, and there are new and improved men skin care items made just to help with this. Not only are there new creams and aftershaves that will help, there are newer types of lotions made just to help with the male skin. Any man who has problems with skin due to shaving will love to have this stuff, even if they won’t go out and buy it on their own.

TEEN SKIN CARE

There it is. Smack-dab in the center of your nose. What ever you do, don't touch it! When they’re swollen like that, touching them can be painful. And no matter how badly you want pinch, squeeze, poke or pop that sucker, you'd better think twice before doing so. I know you've heard the
redundant tales about scaring and making it worse. So, what do you do with that nasty zit? How can you venture out into the public with that foul whitehead protruding from the center of your face? No one would feel comfortable in school or work like this. And you'd better believe people would stare like crazy. After all, that is what people do. What you need is an effective acne skincare system that prevents such atrocities like this.

Check out the vast array of possible acne solutions. I say possible, because not every one of these products and treatments will work for you. That's just the way it is. People have different skin types, which require different treatments. In all honesty, some "acne skincare remedies" will only make your affliction worse. I'll never forget the very first pimple product I tried in high school. It was called Oxy 10. You may have seen this stuff back in the early 90s. Supposedly it zaps zits on impact. Haa, what a joke! I smeared some of this cream on my pimples before bed one night and woke up with what looked like a sun burn. The product was too powerful for my
delicate skin apparently. It left me with red patches, which looked even worse. Yes sir, I tried a variety of acne skincare treatments before finding one that really worked for me. The treatment I currently feel works the best is Acnessential 4% Niacinamide cream. This is a simple one step skin care regimen that is both easy and effective. A university study at the prestigious New York University College of Medicine found that 4% topical niacinamide was just as effective at treating acne as the leading prescription topical, Clindamycin. In fact, it was the preferred option because of other negative factors associated with antibiotics such as Clindamycin and the body becoming resistant to its effects. With Acnessential, within no time, your complexion will be back to the way it should be. It not only clears acne and blemishes, it works as a moisturizer, giving your skin a real healthy looking glow.

Take a gander at what's on the market today. You'll soon notice that there are more acne skincare remedies than you can shake a stick at. If you truly want immediate results, your best bet may be the local
dermatologist. He/she can address your particular skin condition and prescribe the necessary treatments. One treatment he may recommend is Tretinoin Cream 0.05%. You can learn more about Tretinoin Cream 0.05% by clicking here. You may even benefit from an oral acne skincare treatment.

REMOWING WRINKLES

No matter how old you are, it’s never too soon or too late to be worried about aging skin care. Your skin, being the outermost layer of your body, is the part of you that people see, and reflects your overall state of health and age. If you are concerned at all about how you appear, it’s therefore a good idea to take good care of your skin.

The best method of aging skin care is to start young. The effects of age on skin doesn’t happen overnight, and actually starts occurring right after you’re born. Actually, you could even argue that your skin begins to ‘age’ the moment it is formed inside the womb. Although it seems to age
all of a sudden for a lot of people, in a period of just a few years, the visible effects of aging skin are the result of a process that has been happening for as long as you’ve been alive.

So the sooner the better with aging skin care. What causes skin to age is a few different things, but the major visible reason for aging skin comes down to damage done to the elastic proteins your skin has to keep it tight. What causes the damage is chiefly free radicals. What the heck are free radicals you ask? A free radical is just a fancy chemistry word for an oxygen compound gone wrong. It actually doesn’t have to be oxygen, but in our environment it almost always is. An oxygen molecule that has been split is highly reactive and very corrosive to pretty much everything it comes in contact with, including the proteins in your skin.

Since oxygen is everywhere, you can’t really avoid this corrosive effect all together. However, you can lower the amount of free radicals that occur in your skin in a few ways. UV radiation is a major source of
free radicals, as it is just the right wavelength to split oxygen molecules, so staying out of the sun is a good form of aging skin care. A little sunlight everyday is okay, and actually good for you, but its never a good idea to lay out all day in the sun if you’re worried about aging skin care. Even using sunscreen, some UV rays are going to get through and do damage over time.

Another key form of aging skin care is to avoid tobacco and alcohol. Smoking anything, especially tobacco, is a great way to infuse your entire body with free radicals, and too much drinking will do the same.

The best ways I know for aging skin care are the above preventative measures, as these definitely help you to keep young looking skin. Once wrinkles occur, it's harder to get rid of them, than keeping them away in the first place. However, if you do have wrinkles, Tretinoin cream has been proven to help minimize them. Click here to learn more about tretinoin cream.
Those who have ever been pregnant will tell you that pregnancy can do many strange things to the human body. There are some things that women are prepared for, and there are also things that might come as a huge shock. There are books on the subject, and while most of them contain some of the same stuff, many have little tips that others do not. This means women might miss something they really should know. One thing many ask about is pregnancy skin care and what they can do to keep things under control.

A common problem that might arise when a woman is pregnant is acne. This may be something they haven’t seen since they were teenagers, and they may not remember how to take care of it. Things get tricky in this regard to pregnancy skin care because hormones are out of control to an extent, and there are some products that cannot be used when a woman is expecting. If acne is out of control, a doctor would be
the best person to ask about what would be safe and what should be avoided. NEVER self-prescribe when pregnant. Certain acne medications, such as tretinoin, have been linked to birth defects, so NEVER take tretinoin if you are pregnant. Always consult with your doctor first before taking any medication when you are pregnant.

Dry skin is another thing that expecting moms have to worry about. Stretch marks come along as well, though there are ways to keep them at bay, or at least lessen them somewhat. It is important that a woman pay attention to this problem. This type of pregnancy skin care should come in the form of a very good moisturizer and should be put all over the body with a concentration on the stomach. If the skin is moist, the stretch marks might not be as bad and the itching of dry skin can be avoided. A good cocoa butter lotion usually works rather well for this.

Though many women don’t think about it, pregnancy skin care should extend to the feet as well. At some point, a woman many not be
able to see her feet, but that does not mean she can’t take care of them. A great idea is a foot soak that has moisturizer in it. This is something that the husband can help with, and can also have many other great side effects. Women may have aching feet, and this will help soothe them along with keeping them feeling soft and smooth. For even more help, the dad to be could slather lotion on her feet and legs for her if he is willing.

ALL NATURAL SKIN CARE

In a quest for more beautiful skin, both men and women have a lot of choices. There are so many products on the shelves that you could spend a week standing in a store studying them. Most of us don’t have that kind of time, so we have to guess, and even rely on what the advertisements tell us. Unfortunately, advertisements are meant to get you to buy, and it’s not uncommon for the truth to be stretched a bit, or even to be completely overlooked. When you want to find all natural skin care, things can get really tricky.
Find products with ingredients you feel comfortable and buy those first. See what works and ditch the rest.

One natural skin care product worth trying is Acnessential niacinamide cream. The active ingredient, niacinamide, is derived from the natural b3 vitamin (niacin). It is great for use on sensitive skin. It is known as being “Tough on acne, but soft on skin”. Not only does it fight acne, but it moisturizes, reduces fine lines and wrinkles, fades scars and gets rid of hyperpigmentation, age spots and melasma, and treats rosacea and eczema. You would be hard pressed to find a more versatile, effective, and natural skin care cream. For more info on Acnessential, just Google “Acnessential niacinamide cream.”

For those not fussed about “natural”, Tretinoin Cream is an effective acne cream that also reduces wrinkles.
For more information on how to treat acne and remove wrinkles, please visit TretinoinCream005.com.