

Skin Care News & Notes

The Secret To Looking Ten Years Younger

(NAPSA)—When you peek at your reflection in the mirror, do you not look as young as you feel? You're young at heart, but fine lines are slowly becoming more apparent and you're ready to fight aging and the deep wrinkles that may be associated with it. It's important to know that there are options available that can help turn back the hands of time.

With so many skin care options available today, choosing the best product to help fight the signs of aging can be more difficult than ever. But savvy consumers know to read labels and look for ingredients that have been proven to fight aging.

Many dermatologists agree that Retinol is one of the most effective ingredients for visibly reducing the signs of aging. Combined with sun protection, it's become a gold standard in anti-aging skin care.

Some of the benefits of Retinol include:

- Clinically proven to visibly reduce both fine lines and deeper wrinkles.
- Not only does it fight wrinkles, but it's also clinically proven to visibly reduce other signs of aging, such as uneven skin tone and texture

- Early use of Retinol products can actually help to combat fine lines and wrinkles before they become apparent, so your skin stays looking younger and healthier.

Before applying Retinol products, you should know:

- Retinol works best when introduced gradually to your skin care regimen. Using Retinol is like training for a marathon. Slowly



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build up your tolerance level to this effective ingredient—begin by applying a product containing Retinol every other day for about two weeks. Then, start applying more frequently until you find the best routine for your skin.

- Apply Retinol in small amounts—a little goes a long way.

Whether you apply Retinol at night or in the morning, be sure to wear a sunscreen during the day of at least SPF 15.

Look for a Retinol cream that is dermatologist tested, hypoallergenic and non-comedogenic, such as RoC® Retinol Correxion™ Deep Wrinkle Night Cream or Daily Moisturizer with SPF 15 (\$19.99, at drugstores). In addition to containing pure and stable Retinol, these creams also contain an Essential Mineral Complex that has been optimized to provide visible reductions in even deep wrinkles.

To learn more, visit www.roc.skincare.com.