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# **Is Reducing Facial Lines Ultimately Attainable?**

How does reducing wrinkles work? That's a question that's on all of our minds, as we get older. After all, we all hate the ugly, old look of wrinkles. There are ways, fortunately, to drop those wrinkles and look younger. [Dermajuv](#) is a good wrinkle reducer for instance.

The first step is not to make any assumptions about wrinkles. Lots of people think that only old people get wrinkles. Just because wrinkles make you look older doesn't mean you have to be older to get them. So, no matter how young or old you are, your wrinkle problem isn't unusual.

If you don't know the anatomy of a wrinkle, you can't fix it. A wrinkle is a skin fold that happens when your skin loses the ability to keep itself flat in a certain area. Skin tightness is maintained by something called collagen which tends to dissipate over time or when influenced by other things.

Wrinkles and fine lines are different and require different treatments. You should, essentially, look at a wrinkle as an adult version of a fine line. Fine lines turn into wrinkles as time passes.

There are three main reasons that wrinkles form. First of all, you may just have a family history of them. Toxic buildup caused by poor diet or other internal issues and external problems like getting too much sun can also cause wrinkles.

Reducing wrinkles takes a bit of time and effort. Prevention is, of course, key. Don't over-expose yourself to the sun, for example. Be careful to use a good sun screen or a hat if you plan to be exposed to the harsh rays of the sun. That won't really help you get rid of existing wrinkles, but it will at least prevent more from forming. Already present facial lines will need a product similar to [Dermajuv](#) or perhaps one of the other fantastic treatments now available.

What will help improve the state of your skin is eating a healthy diet. Vitamins and minerals are essential. Replacing any junk foods or fatty foods with healthy ones, like vegetables and fruits, can be a great starting point.

On top of that, you should make sure that you're leading an active lifestyle. By exercising, you increase your circulation and also improve your general health. That, in turn, can make your skin look much healthier.

Prevention can only take you so far, though. Lotions and creams to treat existing wrinkles are the next part of the process. Not all of them do their jobs, though. Your doctor or pharmacist can help you to find the best one for you.

When it comes to reducing wrinkles, there are also more drastic options. Collagen injections and surgical procedures are among them. Really, though, you should avoid expensive and inconvenient surgery, if you can.

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