

## Top 5 Good Housekeeping Anti Aging Products

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In the September 2018 issue of Good Housekeeping, they highlight the results of a massive volunteer study they did to pick and choose the top 5 anti aging products based on actual scientific results.

Here's a review of each product, plus the runner up in each category. The categories include body lotion, eye cream, instant wrinkle smoothers, lip treatments and facial moisturizers with SPF 30.

All of these products help you bring the aging process to a slow grind, and in some cases drastically reversing the damage that's been done over time on your face and body.

### **Body Lotion**

As we age, our skin cells slough off and leave us looking dry and wrinkled. We need to hydrate, exfoliate and moisturize our skin to keep it looking youthful and beautiful.

Good Housekeeping gave an award for the top body lotion on the market – and then notified us about a runner up. The winner in this category goes to *Fresh Sugar Acai Age-Delay Body Cream*.

This luxurious moisturizer comes in a 6.8 ounce container, but it packs a lot of nutrients into that space. Your body will be handfed the antioxidants it needs to fight off cancer.

It also includes an array of vitamins that work to feed your cells what they need to repair damage that's been done from the sun and other free radical toxins in the atmosphere.

It even contains essential fatty acids. What these do is help with your skin cells' functions. They help toxins get removed from the skin and hydration come into your skin cells.

The older you get, the less hydration you have in your skin, which is what causes the sagging and wrinkling. So you want a moisturizer like this that helps support plump, well-watered skin health.

The Fresh Sugar Acai Age-Delay Body Cream helps tone and firm up your skin using this process. The sugar helps rid your body of the old, dead skin cells so that you're always maintaining a healthy glow.

The runner up is the *Aveeno Positively Ageless Skin Strengthening Body Cream*. This comes in a slightly larger package at 7.3 ounces. If you're on a budget, then this one is a great option.

This brand used scientific studies to create their skin nurturing formula, which includes shiitake. Shiitake mushrooms have an acid in them (kojic) that helps get rid of your age spots, and it also reduces inflammation in your skin.

If you feel like your skin is aging to the point where it feels and looks fragile and dry, then you'll want to use this product on your body to help strengthen your aging, sagging skin.

## **Eye Cream**

Eyes always seem to show the aging process so quickly. While some people claim it's the hands that show your age (and they do), we always tend to worry more about our faces because that's what people actually see first when they look at us – or when we look in the mirror.

Good Housekeeping gave the *AMOREPACIFIC Time Response Eye Renewal Crème* the winning award for helping with anti aging around the eyes. It comes in a 0.5 ounce container, and it isn't cheap – but eyes take a very small amount of product, so this will last a long time.

If you've noticed that you're developing crow's feet around your eyes, or that your eye area is sagging or darkening, then this product will help restore the luminescent quality that youthful eyes always have, while firming it up, too.

Coming in as runner up is the *Perricone MD Hypoallergenic Firming Eye Cream* at 0.5 ounces as well. This is a hypoallergenic product that promises to firm up your eye area using tocotrienols, which are in the vitamin E category.

It also contains olive polyphenols. These protect your skin from sun damage and even things like second-hand smoke. It's literal food for your body, and just as eating olive oil helps protect you from things like heart disease, applying it to your skin topically helps in other ways.

One mistake that many people who are new to following a skincare regimen do is that they apply moisturizers to their face too harshly. As a teen, you probably scrubbed vigorously.

But now, as you're aging, you want to gently pat the eye cream into your skin. You may even want to use your pinky finger to remind yourself that it's a gentle process, not something you need to be rough with. You could actually cause more damage applying creams in a harsh manner than if you went without.

### **Instant Wrinkle Smoothers**

Wrinkles are so depressing to see as they crop up on your face and other areas of your body. The *Skyn Iceland Angelica Line Smoother*, which comes in a 1.5 fluid ounce container, uses a unique blend of tomato extract, ginseng, rice bran and portulaca extract to help rid your face of lines that show your age (or even fast forward it).

This combination of ingredients is said to begin working with as little as 10 minutes. It helps relax the muscle tension, which is how your wrinkles appear and lines show up prominently.

You first have to clean your face and then gently work the cream into your skin wherever there are wrinkles or lines that need help. This will typically be near the eyes and around the mouth.

It's a spot treatment – not meant to go all over your face in one big slathering move. This way, it will last you longer! Many people who are unnerved about botox go with this product to achieve similar results.

It helps increase the production of collagen and uses the amazing natural properties of Iceland's water to enrich your skin with added minerals. They include berries and extracts to de-stress your skin, too.

The rice bran is where the fatty acids come to the table, helping plump up your skin and enable your cells to stay hydrated and protected from unsafe toxins and environmental hazards each day.

The runner up, according to Good Housekeeping, is the Dr. Lewinn *Instant Dermal Wrinkle Filler* by Kinerase. This comes in a 0.4 ounce container and it's healthy for all skin types – even those who are normally sensitive to certain moisturizers.

This product also claims it has a 10 minute waiting period for you to see results, and the ingredients found in this formula help your cells restore their health and work to keep you looking young and beautiful.

No matter what products you use on your wrinkles to fight off the aging process, you still need to undertake some precautionary measures. For example, smoking causes fine lines all around your mouth.

If you're out in the sun, then you're pushing the fast forward button on your skin's age health. So always wear ample protection and give up the sun-kissed glow for wrinkle-free youthful beauty.

## Lip Treatment

Good Housekeeping knows that men and women both like to keep their lips looking smooth, plump, and kissable. Even if you're not kissing anyone, we like to look in the mirror and see beautiful lips – not dry, cracked, wrinkled lips.

That's what this year's winner does for you – gives you a youthful lip treatment. *Fresh Sugar Advanced Therapy Lip Treatment* is translucent and it comes in a 1.15 ounce container.

If your lips look and feel damaged, especially in the winter time, you'll want to give up your old Chapstick and try this product instead. Chapstick is something you have to continually apply, but the Fresh Sugar Lip Treatment lasts longer.

It works by feeding your lips the nutrients they need to restore their health, and then it packs in a lot of beauty-fortifying elements that help age stay at bay. For example, it hydrates your lips so that they look plumper.

The ingredients used in this treatment include plum seed oil, cupuacu butter, and passionflower seed oil. Those do the bulk of the work in terms of rehydrating your lips and helping them look and feel supple again.

But it also contains orange extract to protect your lips from free radicals in the environment, and sea fennel, to smooth and plump your lips in an effort to get rid of wrinkles.

Within as few as six hours, you'll notice a marked improvement in your lip area. In four weeks, the transition should be very noticeable. You may want to take a before and after shot!

A volunteer group used this product in a study and the company got some amazing results. Every single participant said their lips felt better and looked better.

Consumers love to put this product under their usual dry lipstick so that less damage is done to their lips throughout the day. Apply it during the day and night while you sleep for the best results.

The runner up for the Good Housekeeping investigation was *VENeffect Anti-Aging Lip Treatment*, which is in a 0.34 ounce container. It specifically works to plump up the vertical lines you get on and around your lips.

It also claims to repair the rosy visual appeal of your lips, which gets lost as we age. It's a product that's made in America, and it's hypoallergenic for sensitive skin. Use it twice a day – in the morning and at night – and wear it under your usual lip color with no problem.

### **Facial Moisturizer with SPF 30**

Aside from the fact that we need protection from the sun to help prevent skin cancer, we also need it to prevent showing early signs of aging. Good Housekeeping gave Neutrogena Rapid Wrinkle Repair the nod as the winner of this years' top facial moisturizer with SPF 30.

It contains Retinol Sa that helps smooth wrinkles and lifts the darkness from your skin. You get a 1 ounce container when you order it. You'll notice that fine lines start to plump up all over – your eyes, forehead, cheek area, and even your neck!

The SPF 30 protection includes UVA and UVB protection, giving you a comprehensive shield from the harm of the sun's rays. All you have to do to get full benefits and protection is use a pea-sized amount to massage into your face and neck area.

Ideally, you want to put this on in the morning whenever you're getting ready to put on your makeup. Let it dry and then apply your topical makeup such as foundation, powder, blue, etc.

The runner up, which was Roc Multi Correxion Lift Anti-Gravity, comes in a 1.3 ounce container and you apply it as a daytime moisturizer. It comes with SPF 30 protection and also includes retinol.

This is a great product to prevent damage from the sun. Consumers claim this product evens your skin tone over time, so you're not dealing with age blotchiness.

In reviews, some customers said they didn't even wear foundation because this product worked better than the look they got wearing foundation. They love the youthful effect it gives them after limited use.

Engaging in an anti aging beauty regimen can be done as early as the teen years. But even if you're also considered over the hill or in your golden years, it's never too late to start repairing the damage that's been done to your face and body.

Don't forget that while you do want to focus on treating the skin topically, you also want to investigate the best way you can prevent aging through nutrition – because your outward appearance will benefit from the vitamins and nutrients you consume on a regular basis.



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