



**T**ry this - Take a piece of paper and constantly fold and unfold it. After a while you can see few creases that had appeared on the paper. Now, try ironing out these creases from the surface of the paper. Seems impossible? Yes, you can't bring it back to its earlier smoother texture. This is exactly what happens with your skin. As you hit the late 30s or 40s, you can notice many visible facial lines caused due to the regular repetition of simple everyday expressions. Fine lines now ...eventually these turn into give away wrinkles. "Facial expressions are a part of our life and are produced by hundreds of small muscle fibers in the face. These muscles either singly or in combination allow people to express themselves by creating facial animations. Over the course of one's life we are likely to develop wrinkles in alignment with our most common facial expressions", says Dr.Mohan Thomas, Senior Cosmetic Surgeon, Breach Candy Hospital, Mumbai.

#### Skin and the years gone by

Remember how as kids we used to get bumps and bruises all the time? Even throughout the teenage years, it was never a struggle with pimples and breakouts. All thanks to the abundant level of collagen and elastin, our skin used to be well hydrated, smooth, firm and wrinkle free. But sadly as we grow old, the passage of time affects the skin's basic functioning which in turn affects its appearance. Apart from routine stresses -- sunlight, pollution, emotional strain and occasional sleeplessness, years of facial expressions also contribute to wrinkling. All these manifest themselves in the appearance of fine lines and a rougher texture on our cheeks, forehead and around the eyes and lips. These tell-a-tale fine lines are one of the earliest signs of ageing.

You laugh in happiness, frown in fury and squint in distress but have you ever thought how these natural movements would add years to your appearance down the line? It's time to act now....

By: Lipla Negi

# DECREASE