

How does it work...

"Facial muscles are intricately linked to our skin. These muscles arise from bone and get attached to skin surface as a result they move the skin due to stimulation by the brain sometimes consciously and at other times unconsciously producing expressions on the face which are seen. Some lines are usually more prominent than others and are caused by repeated movements of the skin and muscle done by the person. These are akin to having lines across the elbow, abdomen, groin etc., which erase when we stretch the skin across the lines. Repeated movement causes stretching of the skin as a result in the long run when the area is not animated there is a very prominent line visible across the length of the muscle attachment" explains Dr.Mohan Thomas.

Expressions and Effects

"Facial expression lines that have already formed a groove underneath the skin stop springing back to its line free state resulting in the grooves become permanent fine lines and wrinkles" affirms Ravila Sharma, Beauty Expert, Three Graces Spa, Delhi. Mix a lifetime of smiles, grimaces and every other emotion and it's easier to see why wrinkles are hard to smooth away. Love cracking a joke? Think again because laughing can cause a spider's web of lines also known as nasolabial lines, while the creases work their way around the corners of your mouth. Either suffering from poor eyesight or enjoy gazing at the holiday sun, epochs of continuous squinting will cause serious damage to the skin around your eyes, resulting into the dreaded 'crow's feet'. The repeated strain of raising your eyebrows will soon form a series of 'train track' lines across your forehead. The habit of pouting or pursing your lips can wrinkle the skin directly around your mouth, causing the 'cat's bottom' effect to become permanent. Too much frowning can curse you with 'train track' lines (like those who raise their eyebrows ...did we hear George Clooney?), and not to forget the 'number 11' - two furrows that appear between the eyebrows, making you appear constantly annoyed. 🌿

Save Your skin

Though you can't turn back time, everything is not lost. "Correction of lifestyle is the key word", says renowned cosmetologist Dr.Jamuna Pai. Good habits and a healthier lifestyle play a starring role in how you will age. Don't let these fine lines (credit - repetitive facial expressions) spoil the fun of getting older and wiser with these simple ways.

- Experts are unanimous on the fact that sun's ultraviolet rays cause the maximum damage to our skin. So, commit to a good sunscreen. A water based sunscreen with an SPF of 30 or more should be used every 3-4 hours when in the sun. This reduces the UV destruction of the skin cells and thus prevents wrinkle formations.
- Nearly every skin type becomes more dehydrated and dry as it ages. A gentle cleanser will help to preserve your skin's moisture levels. Look for a hydrating serum which is full of emollients. Combat the dryness with a rich and creamy moisturiser.
- The best anti-aging approach to delay this process is to ensure that our diet is rich in vitamin C, Proline and lysine as these are all needed to maintain and build the supportive structure beneath the skin.
- Switch to healthy eating habits. Fruits like guava, kiwifruit, strawberries, red grapes and oranges contain anti ageing properties. Broccoli, garlic, soy spinach too are very rich in antioxidant. Juices made from beetroot, tomatoes and carrot are rich in fibres, minerals and vitamins and loaded with healing anti oxidants.
- Facial massages and facial muscle exercises are a good way to release stress and also reduce fine lines and prevent them to an extent. The way these things work is by stretching the tired muscles and massaging them, thus improving blood circulation in the area.
- A chemical peel is a popular facial skin care technique in which a chemical solution is applied to facial skin. The chemical peel provides facial rejuvenation benefits by removing the skin's top layers to reduce the appearance of sun damage, uneven pigmentation, and wrinkles.

