

Anti-aging: the 7 most important measures to take

Look on the packaging of your products under INCI and analyse the ingredients:

Measure 1. Protect the health of your skin by avoiding skin-aging ingredients:

Petroleum-based mineral oils and waxes (skin cell process disturbing):

Mineral Oil	Cera Microcristallina
Petrolatum (Vaseline)	Microcrystalline Wax
Paraffinum-Liquidum	Ozokerit
Paraffinum-Subliquidum	Ceresin

Fragrances (strongly allergising):

Parfum	Fragrance
Perfume	Fragrance Mix
Parfum Mix	Perubalsum

Preservatives (strongly allergising and skin cell killing):

1,2-Dibromo 2,4-Dicyanobutane	Imidazolidinyl Urea
4-Hydroxybenzoic Acid	Iodpropinylbutylcarbamate
Benzoic Acid	Methylchloroisothiazolinone
Bronopol	Methyldibromo Glutaronitrile
Butylparaben	Methylisothiazolinone
Cetylpyridinium Chloride	Methylparaben
Chlorhexidine	Myrtrimonium Bromide
Chlorhexidine Digluconate	PHB-ester
Chlormethylisothiazolinon	Phenoxyethanol
Climbazole	Polyaminopropyl Biguanide
Dehydroacetic Acid	Potassium Sorbate
Diazolidinyl Urea	Propylparaben
Dibromodicyanobutan	Quaternium-15
Dichlorobenzyl Alcohol	Sodium Benzoate
Digluconate	Sodium Dehydroacetate
DMDM Hydantoin	Sorbic Acid
Ethylparaben	Triclosan
Formaldehyde	Zinc Pyrithione
Hexamidine Diisethionate	

UV-filters (strongly allergising):

4-Methylbenzylidencampher	Oxybenzon
4 MBC	Homosalate
3-Benzylidencampher	Homomenthylsalicylat
3 BC	HMS
Octyl Methoxycinnamate	Octyl-Dimethyl-Para-Amino-Benzoic-Acid
OMC	OD-PABA
Benzophenone-3	

Others (strongly allergising):

Cocamidopropyl Betaine	Propylene Glycol
Lanolin	Propolis
Eucerit	Cetylstearyl Alcohol

Measure 2. Maximise the hydration of your skin with:

Lecithin(and)Water(and)Alcohol = Multilamellar Liposomes (+ 100%), or
Lecithin(and)Water(and)Ethanol = Multilamellar Liposomes (+ 100%), and
Hyaluronic Acid (+5% hydration)

Other ingredients have no or very insignificant effects on skin hydration.

Measure 3. Vitalise, protect and rejuvenise your skin with vitamins, like:

D-Alpha-Tocopherol Acetate = Natural Vitamin E
D-Mixed-Tocopherols = Natural Vitamin E mix
Retinyl Palmitate = Natural Vitamin A
(Sodium) Ascorbyl Phosphate = Natural Vitamin C
Panthenol = Pro-Vitamin B5

Measure 4. Soften, protect and nourish your skin with high quality natural oil and waxes with the highest concentration of skin endemic substances:

Oleum Simmondsiae Californicae = Jojoba Oil
Oleum Oenotherae Biennis = Evening Primrose Oil
Oleum Sesami Indicae = Sesame Oil
Oleum Butyrospermi Parkii = Sheabutter
Oleum Macadamiae = Macadamia Oil

Or with 100% skin endemic oils and waxes, like:

Glycerol	Cetearyl Octanoate
Glyceryl Stearate	Lecithine
Cholesterol	Caprylic/Capric Stearic Triglycerides

Measure 5. Make your skincare really complete with very essential skin endemic substances like:

Allantoin	Urea
Sodium Lactate, or	Lactic Acid, or
Natrium Lactate	Citric Acid

Measure 6. Supplement your skin with these skin endemic epidermal lipids in the case of shortages (I.e. in the case of scaly and dry skin):

Ceramids	Phospholipids
Glycolipids	Sphingolipids

Measure 7. Avoid useless and unnecessary ingredients.

Don't lose money and important time for your skin on nonsense or ineffective products. The majority of the ingredients used in skincare products are not harmful, but not beneficial either. They should be regarded as cheap filling with no advantages for the skin. The more of these substances in a product, the less effective it will be. Long lists with uncomprehensible ingredients on the packaging are a typical indication for such low quality products. Very important as well: don't be fooled by the so called "miracle ingredients" that occur regularly in cosmetic advertising. Just like other "miracles", they are a form of quackery that is very easily avoidable by just not buying such products.