

Spider Veins and Anti-Aging Skin Care...

While some young people have spider veins, the majority of spider vein sufferers are older, aging women. A major concern for this group of people is anti aging skin care which includes everything from spider vein treatment all the way to anti wrinkle skin care.

one thing can help you slow aging and prevent spider veins

If you could only do one thing to help prevent the aging process, it would be to use a sunscreen every single day. The sunscreen needs to be at least an SPF of 15. Sunscreen helps prevent wrinkles as well as helps to reduce the appearance of additional spider veins, especially in the face and neck areas. Exposure to the sun causes damage to your skin by interfering with your skin's production of collagen. It is collagen that keeps your skin looking fresh and young because it simply is the building block for your skin. When normal collagen production changes, your skin develops wrinkles and loses its young characteristics. The sun's rays can damage your skin to the point that it can't produce the amount of collagen needed to keep your skin healthy and radiant. It's at this point when wrinkles develop and skin loses its luster.

Sun exposure can also cause an increase in the appearance of spider veins because as the skin heats up, pressure increases in the veins closest to the surface of the skin. When this happens, the probability of spider veins forming increases. Also, as the collagen in the skin breaks down, the framework helping to hold the veins in place decreases. This in turn can promote spider vein development since increased pressure damages unprotected veins much faster than veins protected by a strong healthy collagen framework.

Fortunately for today's woman, there is a large variety of sunscreens on the market that also contain various anti wrinkle and anti aging formulas. In addition to sunscreen chemicals such as titanium dioxide, avobenzene, and oxybenzone, these anti aging creams also contain ingredients such as alpha hydroxy acids, retinol (in low concentrations) Vitamins A, E, and C, and many other nutrients for your skin. Skin care formulas that contain Vitamin K and Vitamin C are reported to help with overall vein health which can help with the treatment of your spider veins.