

Title:

Anti Aging Skin Care ~ Tips And Common Sense.

Word Count:

799

Summary:

As we get on in years, who isn't trying to stay young, to hold the line on aging? And where do

The health of our skin reflects many factors. Some we can't control, but others we can and should

Keywords:

anti aging, aging, natural progesterone cream, olive oil, aloe vera, natural creams

Article Body:

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The health of our skin reflects many factors. Some we can't control, but others we can and should

Water ~ Water ~ yes water ~ is your best anti aging medicine. You need to drink at least 8 full

Natural Creams ~ Many anti aging creams ~ even the most expensive ones ~ have a base of mineral

Real Aloe Vera ~ Lots of products boast that they contain aloe vera ~ so why do we think we can

Aloe vera is truly potent. It's filled with moisture, protein, vitamins and minerals ~ antiaging

Olive Oil ~ When my skin is very dry I also apply olive oil, and use olive oil soap over my en

Application of Creams ~ I always tell friends not to rub in their oils and creams in a bored h

Natural Progesterone Cream ~ We mention this last, but definitely not least, for it is really

Warmly, Pieterneel

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