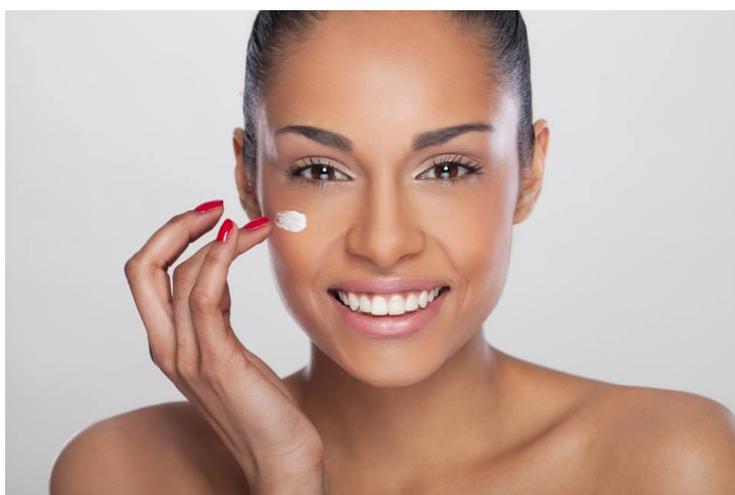


The Key to Youthful Skin



As we grow older, so cell turnover becomes sluggish. The same skin cells that renewed themselves within 21 to 28 days in our youth now take more than double that time. By the time you are 50+, it can take anywhere between 42 and 84 days for cells to renew. The result: dull, dry skin, lacking radiance and freshness.

Simply put, we lose our "glow". Pigmentation marks get darker, and lines and wrinkles are more pronounced as old layers of dead skin just, uhmm, sit there. "The skin is continually undergoing natural exfoliation. As one ages, the epidermal cell turnover slows down and one's skin becomes dull because the topmost layer consisting of dead cells becomes too thick," explains Founder of Skin Renewal, GP specialising in aesthetic medicine, Dr Maureen Allem.

To read the full article visit: <http://www.longevitylive.com/anti-aging-beauty/key-youthful-skin/>