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Remember the first time you noticed the laugh lines around the mouth or fine wrinkles, visible upon very close inspection, just near the eyes? If you are a woman in your thirties or forties, this train of thought would not bring back very happy memories. However, being aware is a good thing in itself. If you are aware about the wrinkles and the age spots, you can take steps to reduce their intensity or remove them altogether. To hide the imperfections that still remain, there is always the bb cream to your rescue.

Blemish balm creams are multi-functional, with coverage and skin care properties. The popularity of these creams has caught on and currently some of the leading brands in the beauty and cosmetics business are formulating their own versions.

You can use a bb cream as a good base for your makeup. You can use it to even out your skin tone or cover minor skin imperfections. It would hydrate the skin, brighten it, and sometimes even safeguard skin from the harmful effects of the sun. Some of the best bb creams come with anti aging properties; these can reduce the appearance of fine lines and wrinkles while lifting and firming the skin.

Using a bb cream is just a part of the process. You would have to complement it by following certain other practices in different areas of your life. Eat adequate portions of dark green vegetables for a skin that looks and feels younger. Start including food rich in antioxidants, vitamins, iron, and omega-3 fatty acids to reduce the appearance of fine lines, wrinkles, and age spots. Include citrus fruits, nuts, olive oil, eggs, fish, and spinach in your daily diet to help your body fight back.

Use make up that make you look bright and radiant. Get skin care products from a brand you trust. Remove the entire make up at night to help your skin breath and recover. Try out the best anti aging creams to bring back the glow of youth to your skin.

Do not work more than necessary and take time off to sit back, unwind, and just relax. If you are staring on to the computer screen 24x7, it might also be a trigger for the appearance of fine lines, crow's feet, and wrinkles. Get a good night's sleep to get back the glow in your skin. If you are not getting the sleep that your body needs, it might lead to puffy eyes, eye bags and dark circles, accelerating the aging process.

Apply an anti wrinkle complex from a well-known brand, such as Hydroxatone, at night, to wake up to visibly glowing skin. Regular use is known to reduce the appearance of fine lines, and even deep wrinkles. Some of the Hydroxatone anti aging products are formulated using Hyaluronic acid that soften skin and decrease the appearance of facial wrinkles.

Take some time off humdrum routine life; take up a hobby, visit a new place, get to meet new people. Sometimes, the problems in your skin might be too persistent and stubborn. In such instances, you would need to take advice from your dermatologist for some of your skin concerns. Follow these tips and discover your way to a glowing and much younger looking skin. Use a good version of the bb cream to hide uneven skin tone and minimize imperfections.

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Use the Hydroxatone anti aging a [bb cream](#) to hydrate, conceal, and protect skin in just one step. Hydroxatone a [anti aging creams](#) containing a [Hyaluronic acid](#) hydrate skin and decrease the appearance of wrinkles.

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