



Article published on December 12th 2011 | [Health](#)

If you are interested in looking younger, you might also be interested in various methods of anti ageing treatment. There are many good methods available in the market place. All those anti ageing products and skin care treatments work in different ways. However, all the age defying products have one objective in common and that is to retard the signs of aging.

The cosmetic industry is flooded with many types of anti ageing products and techniques. One of the popular techniques is injectable fillers. It is a quick fix solution to get rid of wrinkles. The fillers that are injected into the skin remove the wrinkles instantly. Some of the leading brands of injectable fillers available in the market are Botox, Juvederm, Hydrelle, Restylane and Perlane. Most of these branded products are approved by the FDA.

Another technique used for an anti ageing treatment is laser skin resurfacing. Under this treatment the upper layer of the skin is get damaged while the dermal layer is stimulated. After the treatment is over, dead skin cells are removed and the skin appears tighter, more resilient and more toned.

Skin tightening is a non-invasive treatment which has shown exceptional result and is highly effective. High intensity energy waves are sent deep into the skin's surface under this technique. The collagen production process is triggered by this process which makes skin appear more youthful and softer. One needs to undergo a series of skin tightening sessions in order to achieve noticeable results.

Microdermabrasion anti ageing technique promises a number of benefits for all types of skin. Micro-fine mineral crystals are air-blasted onto the skin in order to shift the dead cells and blocked pores. Corundum or aluminium oxides are the most common types of crystals used under this procedure. A high-speed mini-sander is used to remove the top layer of the skin with this treatment. Skin looks brighter and feels clean and soft, wrinkles seem less pronounced after the treatment.

Intense Pulsed Light, which is a computer controlled instrument, emits high intensity pulses of light that penetrate the skin. IPL reduces various types of visible or broken blood vessels, fine wrinkles, redness, freckles, age spots, some types of minor sun damage, capillaries and hyper and hypo pigmentation. It improves the skin texture and smoothen it. It is one of the major anti-ageing treatment procedures.

Stem Cell Therapy technique utilizes the most advanced cellular therapy to replace the damaged or dying cells, to slow down and reduce the ageing process. Stem cell therapy relies on the transplantation of healthy and vibrant cells. Healthy cells from the body of the patient are injected into skin, wherever needed, to supply healthy source of new cellular growth. Under such technique, pre-engineered adult stem cells are often utilized. This technique helps in slowing down and in some cases reversing the ageing process.

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Article Keywords:

Anti ageing, Anti ageing treatment

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