

Natural And Alternative Anti Aging Treatment

Nowadays, people look for natural alternative anti-aging treatments. Because some traditional products based on vitamin a or collagen - for example retinol - can cause excessive irritation to the skin. A natural ingredient that has proven to be an effective anti-aging treatment is shea butter. Ultra pure Shea Butter's oily qualities improve skin softness and suppleness, which make it ideal for dry or sensitive skin care, winter sports products, and for body lotions and hand care products. Moreover, ultra pure shea butter may be formulated into capillary preparations to prevent and treat scalp dryness, and provide good lubrication for the hair, resulting in improved brilliance and manageability. Shea butter is solid and comes from the natural fat obtained from the karite tree grown in West and Central Africa. Shea butter is an emollient that is extremely therapeutic, helping to heal cracked, aged and damaged skin. Its chemical constituents help to heal bruising and soreness, and penetrates the skin and leaves it feeling soft and smooth. It has vitamin A, E and is highly compatible with skin. Shea butter has been used to heal small wounds, burns and skin ulcers. It contains fatty acids, phytosterol and unsaponifiables, which stimulate the skin's renewal process, providing a more youthful, vibrant appearance. Its texture is typically soft and butter-like so it melts readily into the skin. Shea butter also helps protect the skin from the damaging effects of the sun while repairing cellular degeneration. Nevertheless, it is not sufficient to prevent sun damage and it will always be important to use a sunscreen during sun exposure as a way of prevention. There are several shea butter products in cosmetic market place. However, if levels of concentration are below 20%, products will not be useful enough; you should review labels in order to determine shea butter concentration levels. On the other hand, if level of concentration is over 20 per cent, product will be highly beneficial as anti aging skin care treatment. There are three types of shea butter; - Raw shea butter; this one has not been exposed to refinement process. - Refined shea butter and - Shea oil; this one is produced during the process of making shea butter. Shea butter offers many anti aging skin care benefits, whatever of three types listed above are excellent ingredients for an anti-aging skin care regime. To sum up, natural or botanical products are an effective alternative to treat your skin against aging without known side effects.

About the Author

The California Natural Resources Web contains information and links relating to State Parks, National Parks, Monuments, and Preserves, and National.

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