

LIVESTRONG.COM Blog: [Calorie Tracker Now on Blackberry Storm](#)

[Login Using Facebook](#) | [Login](#) | [Register](#)



All [Food & Fitness](#) [Members](#)



[Get Healthy](#) [Fitness](#) [Diet & Nutrition](#) [Lifestyle](#) [Inspiration](#) [Daily Plate](#) [News](#)

[Home](#) [Lifestyle](#) [Stay Young](#) [Appearance and Beauty](#) [Appearance and Beauty Articles](#) [The Best Face Products for Wrinkles](#)

[Overview](#) [Articles](#) [Videos](#)

# The Best Face Products for Wrinkles

TEXT SIZE: [A](#) [A](#) | [POST A COMMENT](#) | [PRINT](#) | [SEND TO FRIEND](#) | [SHARE](#)

There are numerous products on the market that claim to help eliminate wrinkles. But what products really work? There is a limited amount of scientific research on the effectiveness of nonprescription wrinkle creams, but there are some ingredients that have been shown to be effective anecdotally and in small studies. Because each person's skin is different, one may be effective for your skin while others may not, so finding a product that works for you may take some time. You can try out products on your own or consult a dermatologist for a recommendation based on your skin type.



[Appearance and Beauty Ads](#)

[Anti Aging Moisturizer](#)

[Collagen Skin Cream](#)

[Homemade Skin Care](#)

[Skin Lightening Products](#)

[Facial Wrinkles](#)

advertisement

## Retinoids

Retinoids are antioxidants that neutralize the free radicals that cause wrinkles. The retinoid tretinoin has been shown to be effective in treating wrinkles and is approved by the U.S. Food and Drug Administration (FDA). Tretinoin is available by prescription only, but Retinol, a less potent retinoid, is available in over-the-counter wrinkle creams and may be helpful. Do not use retinoids if you are pregnant or may become pregnant as they increase the risk of birth defects. Avoid sun exposure if using retinoids as they increase the skin's sensitivity to the sun.

## Other Antioxidants

Though not as widely studied as retinoids, several other antioxidants have shown some promise in improving the appearance of wrinkles. Look for skin creams that contain Vitamin C (listed as L-ascorbic acid in the ingredients), Vitamin E, yquem extract, coffeeberry, idebenone (a relation of coenzyme Q10) or vine shoot.

## Alpha-Hydroxy Acids

Alpha-hydroxy acids, derived from fruits containing sugar, cause exfoliation. They help shed the older, dead skin cells and stimulate new growth which may help smooth fine lines and wrinkles. You may see alpha-hydroxy acids listed in the ingredients of wrinkle creams as glycolic acid, lactic acid, citric acid, hydroxycaproic acid or hydroxycapric acid. Be sure to protect your skin from the sun when using a product containing alpha-hydroxy acids.

## Peptides

Peptides have more recently gained attention for their ability to enhance collagen production and smooth fine lines and wrinkles. Peptides that have shown some promise in improving the appearance of wrinkles may be listed in ingredients of skin creams as palmitoyl oligopeptides, neuropeptides and copper peptides.

## Growth Factors

Human growth factors are derived from bio-engineered tissue cultures and are now being used in skin creams. There is some evidence that growth factors are effective in repairing collagen and rejuvenating the skin.

## Sunscreen

The most important thing that you can do is prevent wrinkles from forming, explains Charles E. Crutchfield III, M.D., clinical associate professor of dermatology at the University of Minnesota and medical director of Crutchfield Dermatology. Use a sunscreen with an SPF of 30 or higher and a good UVA protection factor.

## More on this Topic

- [The Best Wrinkle Skin Care Products](#)
- [The Best Products to Remove Wrinkles](#)
- [The Best Midpriced Wrinkle Creams](#)
- [How to Improve Wrinkles on Your Face](#)
- [The Best Products for Eye Wrinkles](#)
- [Peptides to Prevent & Reduce Wrinkles](#)
- [The Best Skin Care Products for Anti-Aging](#)
- [Cheap Wrinkle Treatments](#)
- [The Best Skin Care Products for Wrinkles & Dry Skin](#)
- [Top Anti-Wrinkle Creams](#)

## Related Videos



[How to Reduce Wrinkles](#)



[How to Use Wrinkle Creams](#)



[How to Treat Wrinkles](#)

## Related Topics

- [Beauty And Skin Care](#)
- [Beauty Lotion](#)
- [True Beauty Lifestyle](#)
- [Different Types Of Depression](#)
- [Skin Culture](#)
- [Female Thinning Hair](#)

Sponsored Links

[Top 5 Anti-Wrinkle Creams](#)

Proven Effective, Clinically Tested Look Younger In Just 14 Days!  
[WrinkleTreatmentInfo.org](#)

[New COVERGIRL® with OLA...](#)

Try Simply Ageless Foundation with Olay® Regenerist Anti-Aging Serum.  
[www.COVERGIRL.com/Simply-Ageless](#)

[Envy Skin Clinic](#)

Acne Treatments. Call Now for an Appt. Eden Prairie.  
[www.EnvySkinClinic.com](#)

[MEN'S Uitimate EYE Cream](#)

Dark Circles, Fine Lines, MENS eyes Bags and Puffiness. Tips & Advice  
[www.MenScience.com/MEN'S\\_Eye\\_Cream](#)

**References**

- "Dermatologic Clinics;" Cosmeceuticals Practical Applications; Anetta E. Reszko; October 2009
- [Dr. Charles E. Crutchfield III, M.D.; Crutchfield Dermatology; Eagan, Minnesota](#)
- [Mayo Clinic: Wrinkle creams](#)



**About this Author**

Susan Stopper is a freelance writer with ten years of experience writing about health, nutrition, travel, parenting and business for a variety of companies and publications. Her work has appeared in "H2O," "MetroKids" and "Knife World" magazines. She has a Bachelor's degree in psychology from Syracuse University.

Last updated on: 02/03/10

Article reviewed by JPC

**Member Comments**

Be the first to post a comment.

**Add Your Comment**

Post this comment to my Facebook Profile

**Post**

- [Teen Skin Care](#)
- [Hair Loss Reasons In Women](#)
- [Breast Development In Males](#)
- [Human Superficial Teen Weight Loss Support](#)
- [Hair Loss Due To Stress](#)
- [Mens Health Questions](#)
- [Healthy Skin](#)

- [Male Depression](#)
- [Fear Of Rejection](#)
- [Blood Culture](#)
- [Lists Of Types Of Mental Illness](#)
- [Male Sex Disorders](#)
- [Left Brain Perception](#)
- [Superior Extremity](#)
- [Men Losing Interest In Sex](#)

**Write for LIVESTRONG.COM**



Do you work in health, fitness or nutrition? Share your expertise by writing for LIVESTRONG.COM

[Learn More](#)

**Stay In The Know By Email**



Receive emails packed with helpful information on health, fitness, nutrition and lifestyle.

**Sign Up**

**Tools**

**The Daily Plate**

Track your daily calories. See how many calories you burn and consume.

**Body Mass Index**

BMI is a measurement of body fat based on height and weight.

**LIVESTRONG Loops**

Map your local running, cycling, walking and hiking routes and track your calorie burn.

**Stay Motivated**

Find us on the web, receive emails and use our mobile app to keep you motivated.

**Symptom Checker**

This tool will help you to decide whether to treat at home or see a doctor.

[Get Healthy](#)

[Diet & Nutrition](#)

[Fitness](#)

[Lifestyle](#)

[Stay Young](#)

Drugs  
Treatments  
Diseases and Conditions  
Symptoms  
Vitamins  
Poisons  
Mental Health  
Local Business Directory

Healthy Foods  
Eating for your Condition  
Diet & Weight Loss  
The Daily Plate

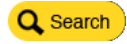
Sports  
Outdoors  
Injuries

Stress Management  
Family  
Career & Finance  
Relationships  
Live Smarter

Appearance & Beauty  
Senior Health  
Senior Care

LIVESTRONG.COM

All Food & Fitness Members



About LIVESTRONG.COM

Blog

Contact Us

Advertise With Us

Press

FAQ

Site Map

Mobile

Browse Topics

a b c d e f g h i j k l m n o p q r s t u v w x y z Recent Topics

Browse Articles

a b c d e f g h i j k l m n o p q r s t u v w x y z Recent Articles

Recent Member Updates

Recipes, Foods, Routes

Copyright © 2008 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM Terms of Use and Privacy Policy Updated. The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies.

