



Prevention is better than cure!

We love the work we do with our patients to reduce the appearance of their wrinkles and to plump out their skin, but there is one thing you can do to slow down the speed of the aging process cheaply and easily right now.

Use sunscreen.

Studies have shown that as much as 90% of all aging is due to sun exposure.

You know about the Factor 15, 20, 25 etc type sunscreen that helps protect us from UVB rays. These are the ones that cause tanning and skin cancer. However aging is related to UVA rays, and you can see if you are protected from these by the star symbol on the product you are buying. Five stars is maximum strength anti-aging.

Vitamin D is manufactured in the skin by exposure to sunlight, so the government advises us whilst limiting our exposure to avoid sunburn, we should also get out in the sun in small frequent doses especially in the winter to keep our Vitamin D levels up. The good news is you don't have to worry about this with anti-aging. The UVA rays don't make vitamin D, so high star value products used every day won't affect your vitamin D levels.

Five star UVA protection is present in some cosmetics so you can combine your moisturiser or lipstick with your sun protection at the same time. Just have a close look at the label.

If it's too late for prevention and you already have wrinkles and loss of volume in your face, and you don't want to have fillers or anti-wrinkle injections, then our advice is to smile widely and lots. You will look happy, you will feel happy, and no one will care if you have a few laughter lines.

(If you're worried your smile isn't as fabulous as it could be, remember we can help!)

Get in touch with us

Book for a free no-obligation consultation to find out more. Just call us on **0121 382 8544** or email smile@nothingbutthetooth.co.uk