



**How to Keep Skin  
Looking  
Young And Healthy**

# How to Keep Skin Looking Young and Healthy

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## **The Value of Youthful-Looking Skin**

People usually do not start worrying about aging until the first visible signs of aging show up on their skin. Like it or not, our society puts prime importance on youthful looks. Our sense of physical attractiveness is very much linked with our having young-looking, healthy and beautiful skin.

Although we cannot stop the years from adding up, we do have the means of slowing down the aging of our skin. By controlling different lifestyle factors and taking advantage of recent scientific discoveries on nurturing the skin, we can minimize or prevent the appearance of wrinkles, sagging skin, crow's feet and lines until well into our later years.

## **Anatomy of the Skin**

The skin is the body's largest organ. An average adult has about 18 square feet of skin, which weighs around 6 pounds. It is composed of three layers: the epidermis, dermis and hypodermis. The epidermis is the outer layer and contains the protein keratin which strengthens our skin and makes it water-proof. The epidermis also contains melanin, the dark pigment which gives skin its color. The other cells of the epidermis allow us to feel the sensation of touch, and protect us from foreign invaders like germs and bacteria.