

3 Ways to Fight Signs of Aging on your Hands

Thursday, February 12, 2015, *Anna Jimenez, Editorial Video Director*

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We tend to never think about the skin on our hands until one day when we look down to find that they've surpassed our **face** in the aging process. Further down the line, we notice age spots, loose skin and large veins. While this of course is the natural progression of aging, we can't help but wish that our highly active facial products somehow had made it onto our hands over the years, or by accident even. Or, that we had the foresight to apply the same amount of SPF to our hands that we did so diligently to our precious face.

When it comes to aging skin, it's all about prevention. To keep the skin on your hands supple and **youthful-looking**, there are some preventive measures you can take.

Apply Sunscreen

New York dermatologist Adebola Dele-Michael, MD, says that daily application of sunscreen to your hands when you are outside or even in your car will help to greatly reduce the signs of aging. She says to also "incorporate lots of fruits and vegetables in your diet, as this may prevent damage that leads to premature aging on hands and skin."

Use Topical Antioxidants

If you want to take extra steps, apply topical antioxidants to your hands to protect them from environmental damage. **Vitamin C serum** will help keep your hands looking younger for longer.

In-Office Treatments

Finally, If you want to correct damage that's already been done, **Dr. Dele-Michael** says that there are various **treatments**, depending on the condition, that can help. Ask your board-certified dermatologist about the best option for you. She also advises that "dermal fillers can be administered for volume loss, lasers can be used to treat discoloration or wrinkles, and topical medicines can be used to improve the appearance of skin."

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