Wrinkles And Natural Home Remedies And Other Professional Treatments

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Abstract:

Wrinkles are lines appearing in different areas of the body. There are many causes of wrinkles aging, sun exposure, smoking, alcohol, and facial muscle contraction. Treatment of wrinkles has different ways like prevention tips, natural home remedies, medication, surgical procedures, and other techniques such as Botox and Filler.

Keywords: Wrinkles, natural home, remedies, professional treatments

Introduction:

Wrinkles are lines, crimps, bunch, furrows, or crests within the skin. They appear inherently in the elderly.

Wrinkles, a congenital member of aging, tend to appear on zones of the body like the face, neck, back of the hands, and forearms. Wrinkles have some symptoms appearing in the skin. (1, 4)

Symptoms:

There are many symptoms of wrinkles. The premature wrinkles are producing on a person’s face in zones where the skin naturally folds.
during facial expressions because of the skin growing thinner and minimal whippy over time.

They are a natural part of aging and skin becomes thinner, dryer, and slower to renew.

Some wrinkles can produce deep crests or furrows and may be appeared around the eyes, mouth, and neck.

Fine lines and wrinkles are developed at a young age because of facial expressions, such as beaming, glaring, or squinting. When the person gets aged, these lines become deepen. (5, 7)

**Causes:**

Many reasons are contributing to wrinkles. Sun exposure is a significant reason for wrinkles especially for people with light skin, contaminants, and smoking also participating in wrinkling. (4, 5)

Wrinkles are caused by a combination of reasons. The most common are:-

1- **Aging**

The skin divides slower, and the dermis (the middle layer of the skin) begins thinner during aging.

A network of elastin, collagen, and fibers of the dermis gives upholding and pliability. Wrinkles are created on the skin surface when this network unbends and unravels with aging.
Aging skin is also unable to keep moisture, is less efficient in secreting oil, more fragile, loses its workability, is slower to heal, and becomes more difficult to back.

Hormonal changes (the decline in estrogen) in menopausal women contribute to the development of wrinkles.(5, 7)

2-Facial muscle contractions

The habitual facial expressions such as Smiling, glooming, squinting can cause notable wrinkles especially lines on the forehead, between the eyebrows (frown lines), and jutting from the corner of the eyes (crow's feet).

Over time, these muscles don't relax, they stay contracted, and these expressions coupled with gravity contribute to the formation of wrinkles. (1, 5, 6, 7)

Every time of using a facial muscle and muscle is contracted; a groove forms beneath the surface of the skin and becomes permanent characters on the face.

3-Sun damage

Sun damage is the main cause of early wrinkles. Excessive exposure to ultraviolet (UV) radiation from the sun in sunbathing, tanning booths, and outdoor sports can produce premature aging of the skin, also known as photo-aging.14

Exposure to UV light breaks down collagen, fibers and leads to damages skin tissue, the healthy collagen fibers are damaged, resulting in solar
elastosis (the disorganized formation of fibers), and metalloproteinase enzyme is produced. This enzyme creates and repairs collagen is damaged.

More exposure to sunlight, the higher chance of early wrinkles. Black skin contains more melanin and protects from many harmful effects of UV radiation. (5, 7)

4-Smoking

Smoking causes a marked depression in the production of new collagen. Decreased collagen resulting in the development of wrinkles because it reduces the blood supply to the skin, oxygen, and nutrients, such as vitamin A, that reach and nourish the skin. (7)

5-Alcohol

Alcohol dehydrates (lose water) the skin, and skin becomes dryer so, develop wrinkles. (5, 9)

Factors:

Many factors affect the development the number and severity of wrinkles, including:

- Sun exposure
- Smoking
- Dehydration
- Alcohol
Environmental and genetic factors
Exposure to ultraviolet (UV) light (5)

**Prevention:**

Prevention of wrinkles contains:

1- Tips and instructions to improve skin.

2- Natural Home Remedies.

3- Medication.

4- Surgical Procedures and other techniques.

**1- Tips for protecting your skin and minimizing the appearance of wrinkles:**

1- Protect your skin from the sun.

- Limit the time spent in the sun, especially noonday.
- For excess protection, wear a wide brim hat, long-sleeved shirts, light-colored clothes that’ll reflect the sun, and sunglasses with UV protection. (1,2)
- The American Academy of Dermatology recommends using a broad-spectrum sunscreen (meaning it blocks both UVA and UVB rays) with an SPF of 30 or more. (5,9)
- Apply sunscreen plentifully and reapply every two hours or more if you’re swimming or sweating.
- Regular sunscreen usage can slow down the signs of aging skin. (4,7,9)
2-Moisturize

❖ Dry skin leads to early fine lines and wrinkles. Especially, as gets older and skin becomes drier, this makes it more susceptible to wrinkles.
❖ Moisturizing keeps water in the skin, which helps hydrate skin so, prevent the formation of small lines and creases.
❖ Hyaluronic acid and vitamin C in a moisturizer is effective products at preventing forming wrinkles. (1,2,7)
❖ Washing the face twice per day.
❖ Use a soft cleanser.
❖ Rasping the skin can irritate and speed up skin aging.
❖ Washing the face after heavy sweating. Because sweat can bother the skin and causing damage over time. (5,9)

3-Stay hydrated

❖ Stay hydrating and healthy skin start with drinking water which is essential for good health.
❖ According to 2015, it was determined that higher water input can affect the hydration of the skin, and it has a positive effect on skin physiology.
❖ Another study from 2017 found that drinking lemon balm leaf extract, which is typically found in tea, may raise the skin’s elasticity and correct tissue damage. (4, 6,7)

4-Do not smoke

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❖ Tobacco smoke damages collagen and fibers that give your skin its elasticity and strength.
❖ Also, the nicotine in cigarettes causes constriction to blood vessels; this reduces the blood flow, oxygen, and nutrients like vitamin A to your skin.
❖ The repeated pursing of the lips to inhale may cause early wrinkles around the mouth. (2,6,7)

5-Eat a healthy diet

❖ Eating a healthful, balanced diet.
❖ Eating plenty of fruits and vegetables.
❖ Vitamins in the diet protect the skin. (2,4,7)
❖ Sugar and refined carbs can speed up skin aging.
❖ Drink less alcohol as alcohol dehydrates the skin and causing dry damaged skin. (5, 9)

6-Use a retinoid

❖ Retinoid, which is derived from vitamin A, and is one of the most anti-aging ingredients.
❖ Retinoid has the ability to increase collagen production, which encourages skin regeneration, promotes the creation of new blood vessels, and improves the appearance and texture of the skin. (2,5,8)

7-Sleep on your back
❖ According to a 2016 study, the sleeping position affects the formation of wrinkles.
❖ People who sleep on their side or abdomen are tending to mechanical compression forces, which can speed up the formation of wrinkles, and also distort facial skin.
❖ Try to sleep on the back instead of on the side or stomach to prevent the formation of wrinkles.
❖ Also, Silk pillowcases are kinder to the skin than cotton, as they create less friction and prevent abrasion of the skin. (6, 9)

8-Relax your face

Some helpful stress management techniques include:-

- Regular exercise.
- Deep breathing exercises.
- Yoga.
- Meditation.
- Mindfulness. (9)

2-Natural remedies for wrinkles

Aloe Vera

Aloe Vera has abundant healing properties. A 2008 study suggests that taking a daily gel aloe vera supplement reduces the appearance of wrinkles and also enhances collagen and hydrated skin. (1, 6)

Banana mask

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Bananas contain natural oils and vitamins that can improve skin health. As potassium has a moisturizer effect, vitamin e is UV resistant, and vitamin a, vitamin b, and magnesium are capable of reducing the aging process. (1, 6)

**Super-foods**

Foods rich in health-benefiting nutrients are pointed to as superfoods. Many super-foods can prevent wrinkles and amplify overall health. Many super-foods, such as:

- Artichokes
- Avocados
- Chia seeds
- Cinnamon
- Egg whites
- Ginger
- Miso
- Oatmeal
- Salmon
- Sardines
- Sweet potatoes
- Tomatoes
- Walnuts (1)

**Egg whites**

Egg whites improve the skin’s appearance, led to a reduction significantly in wrinkles depth, increased the production of collagen, and induction of
several antioxidant elements which make skin smoother and stretchy. (1, 2)

**Essential oils**

Essential oils may enhance the wrinkles` look and are used in different combinations with carrier oil includes:

- Argan
- Carrot seed
- Clary sage
- Frankincense
- Geranium
- Grapeseed
- Helichrysum
- Jojoba
- Lavender
- Neroli
- Pomegranate
- Rose
- Rosemary
- Sandalwood
- Ylang-ylang

✔ Apply a small amount on the wrist and wait 24 hours.
✔ Avoid using it if redness, burning, or stinging is produced. (1)

**Massage**
Some people do massage to prevent and reduce the presence of wrinkles by using of a handheld facial massage because it is increasing proteins, so keeping the skin smooth. (1)

**Olive oil**

Olive oil, its byproducts, (like stems and leaves), and supplements can increase the skin’s collagen levels, so keeps the skin from developing more wrinkles. (1, 6)

**Topical vitamin C**

Vitamin C is an antioxidant that helps to produce collagen and boosts the appearance of wrinkles and signs of damaged skin. Vitamin C can be found naturally in many fruits and vegetables, such as rosehips, chili peppers, guava, and kale. (2,8)

**Minerals**

Minerals are micronutrients found in the foods that your body needs in small amounts. Minerals can promote healing, and prevent damage to the skin.

Zinc and selenium can block UV radiation which protects the skin from the sun damage that causes wrinkles.

Zinc can be found in:-

- Oysters
- Beans
- Almonds
● Oatmeal
● Peas
● Cheese
● Foods containing higher amounts of selenium include:
  ● Sunflower seeds
  ● Yogurt
  ● Spinach
  ● Oatmeal
  ● Bananas

✔ Getting too much zinc and selenium can harm health, so talk to a doctor before adding any supplements to the diet. (1)

Probiotics and yogurt

The probiotics, found in yogurt or sold as supplements, can reduce the appearance of wrinkles and boost the skin’s overall health. (1, 6)

Silk or copper-oxide pillowcases

Silk pillowcase contains proteins and is hypoallergenic to reduce and prevent the appearance of wrinkles. A copper-oxide pillowcase can reduce fine lines in the skin. (1)

3-Medical treatment

Medication:

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- Prescription topical vitamin A retinoid
- Prescription topical antioxidants and collagen
- OTC wrinkle creams (1)

**Surgical procedures and other techniques:**

1- **Laser skin resurfacing**

In ablative laser regeneration of wounds, laser radiation destroys (epidermis) and heats the underlying skin (dermis), which stimulates the growth of new collagen fibers and when the wound heals, the skin becomes smoother and tighter. (4, 8, 10)

2- **Fractional laser**

A fractional laser is a non-surgical laser fractional, has a shorter healing time and fewer risks than the ablative technique.

Nonablative lasers are better suitable for people who have moderate wrinkles. This treatment needs to be repeated more than does ablative treatment. (10)

3- **Photodynamic Regeneration**

Photodynamic therapy (PDT) can handle fine creases caused by sun exposure. It may need repeat treatments, but recovery for PDT is shorter than with laser resurfacing. (4, 8)
4-Chemical peel

Remove the upper layers of the skin by applying a chemical solution. After that, the skin that grows back is smoother. However, it has some side effects include scarring, infection, lightening or darkening of skin color, and redness that lasts for several weeks. (5, 8)

5-Dermabrasion

Dermabrasion is a type of surgical skin scraping; it scrapes away top layers of skin with a rapidly rotating brush for removing acne, scarring, and other skin or tissue irregularities to uncover new smooth skin. (1)

This procedure is done more than once by a dermatologist or plastic surgeon.

Possible side effects include swelling, scabbing and temporary redness that may take several months to fade and to see results. (4, 5, 8)

6-Microdermabrasion

Microdermabrasion is a minimally cosmetic invasive procedure. It involves removing only the top fine layer of skin to renew overall skin tone and texture, reduce signs of aging, and make the skin appear more planned.

This procedure is safe for all skin types. It may produce a slight redness or stinging sensation on the treated areas. (4, 5, 8, 13)

Facelift surgery
Is a surgical procedure that lifts excess skin and fat from the face and neck, smoothing out folds and tightens facial tissues.

It doesn't include a brow or eye lift. The effects usually last 7 to 10 years. (4, 5, 8, 10)

**Botox**

Botox is a medicine derived from the botulinum toxin. It blocks the chemical signals that do muscles to contract.

Botox is injected into the contracted muscles that cause wrinkles, such as between the eyebrows and the lines that radiate from the corner of the eyes. (5, 8)

Botox effects usually last for 3 to 4 months. The muscles become active and the wrinkles will begin to reform when the Botox passes away. (10, 8)

Botox may induce some temporary consequences such as redness, bruising, or stinging around the injection site. (3, 5)

**Soft-tissue (dermal) fillers**

Is a long-lasting solution administered under the surface of the skin through a few tiny facial injections on specific areas of the face to added volume and fullness.

The filler is containing important substances such as collagen, hyaluronic acid, and calcium hydroxylapatite eliminating wrinkles and raising scars. (5, 8, 10)
Comparison between Botox and Filler

<table>
<thead>
<tr>
<th></th>
<th>Botox</th>
<th>Filler</th>
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<tbody>
<tr>
<td><strong>Definition</strong></td>
<td>● Botox is a protein made from Botulinum toxin and is a muscle relaxer made from bacteria. (3)</td>
<td>● Gels that cosmetic doctors inject into the skin to restore volume, smooth lines, wrinkles, and enhance facial contours. (16)</td>
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<td><strong>Uses</strong></td>
<td>● Primarily used to treat dynamic wrinkles.</td>
<td>● Primarily used to treat smile lines.</td>
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<td>● Treating neurological disorders that cause muscle weakness.</td>
<td>● Reduce the appearance of scars.</td>
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<td></td>
<td>□ Not used for fine lines because of collagen breakdown. (12)</td>
<td>● Used to remove excess fats from the lips or cheeks. But can’t using for removing other areas of the body, though, such as the breasts. (12)</td>
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| **Off Label Uses** | Treatments of:-  
▪ Alopecia  
▪ Sialorrhea  
▪ Psoriasis  
▪ Dyshidrotic eczema (causes small blisters on the fingers, palms of the | ▪ Lip Augmentation  
▪ Upper Eyelid Hollows  
▪ Lower Eyelids  
▪ Sagging Earlobes  
▪ Nasolabial Folds  
(17) |
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| Technique | hands, and sometimes the soles of the feet.  
- Raynaud’s disease (which affects circulation)  
- Keloids and scars from wound healing.  
- Hidradenitissuppurativa, a painful inflammatory skin disease. (12) |
| --- | --- |
| 1-Facial assessment & mapping.  
- Evaluate facial appearance, skin tone and examine the areas of the face that is needed to be augmented.  
- Step 2 – Cleansing & anesthetizing  
- An antibacterial agent is used at the injection as a cleanser.  
- Using an ointment local anesthetic to numb the injection site. |

- In muscle contraction, the nerves release acetylcholine.  
- Acetylcholine attaches to receptors on the muscle cells that result in muscle contraction  
- Botox is an injection entered into the contracted muscle, the release of acetylcholine is banned and stops muscle contraction. (3)  
- It lasts 24–72 hours to take effect. (3) |
<table>
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<th>Step 3 – The injection</th>
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<td>It takes only a few moments according to the areas to be treated.</td>
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<th>Step 4 – Cleaning &amp; recovery</th>
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<td>Any markings will be cleansed off.</td>
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<td>An ice pack may be provided to reduce swelling and decrease discomfort. (15)</td>
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<th>Risks</th>
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<tr>
<td>● Dry eye</td>
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<td>● Upset stomach</td>
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<tr>
<td>● Numbness</td>
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<td>● Mild pain</td>
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<td>● Swelling</td>
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<td>● Bruising</td>
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<tr>
<td>● Headache</td>
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<tr>
<td>● Temporary eyelid drooping.</td>
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<tr>
<td>● Temporary weakness or paralysis in neighboring muscles.</td>
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<td>● Double vision after treatment for strabismus.</td>
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<td>● Corneal ulceration after</td>
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<td>● Allergic reaction</td>
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<td>● Bruising</td>
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<td>● Infection</td>
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<td>● Itching</td>
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<td>● Numbness</td>
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<td>● Redness</td>
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<tr>
<td>● Scarring</td>
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<td>● Sores</td>
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<td>● In severe cases, long-term swelling of the face. (11, 12)</td>
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<td>Time</td>
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<td>Advantages</td>
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**Conclusion:**

Wrinkles are appearing naturally as lines or crests in different zones of the body. The treatment of wrinkles has many options that contribute to...
getting rid of or slower the formation of wrinkles. The most popular technique for the treatment of wrinkles is Botox and filler. Botox is injected into muscle contracted lead to stop muscle contraction. Filler is injected beneath the skin and is a substance making fullness of the hollow areas.

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