Turn the clock back
Reverse the signs of aging?

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Human beings have always strived to look and stay younger. The quest to remain youthful has been around for centuries, from using fruit extracts to the most up to date skincare containing items such as collagen and skin analysis. No wonder the anti-aging business is a multi-billion pound business.

Irene, a retired 65 year old woman, wondered if there was anything that could be done for her dry wrinkled skin. She had used different skin products at home and facials but since the problem was under her skin, in the dermis, nothing was really working. We suggested she used the innovative Dermal Roller treatment. She could do this at a salon or use a home kit.

"It was nothing like I had ever had before. I rolled this roller device with 192 needles over my face. But the needles were tiny and when rolled over the skin I did not feel anything other than a bit of a tingling effect," said Irene. After a few days, my skin was radiant and glowing, the lines looked much less, people wondered why I looked so well!"

In fact what happens is that the Dermal Roller causes pinpoint punctures. This pushes the pores to open temporarily. This allows Ingredients to work under the skin. We recommend Collagen Serums in anti-aging or concentrated Neem Creams for people with problem or acne-prone skin.

The body responds by initiating the healing process and releasing growth factors and triggering the production of collagen and elastin in the skin.

The body quickly regenerates and repairs the skin working below the dermis. It is possible for the skin to look red initially but this normally goes away after a few hours.

You may have to use the treatment continuously for a few weeks to months.

The Dermal roller treatment can be used for skin rejuvenation, anti-wrinkle, sun damage, hyper pigmentation, scarring, stretch marks, hair loss and for anti-cellulite. More information is available for home and salon treatments at www.coolherbals.com.

Are there any anti-aging foods?

Yes in Ayurveda we call these the Super 8 anti-aging foods.

Increase these foods to fight off aging free radicals:

- Leafy greens and
- Salads
- Apricots
- Berries
- Olive oil
- Salmon
- Tomatoes
- Avocado
- Almonds

Are there any natural anti-aging skincare products?

Yes. Ayurvedic and western herbs have been used for centuries in skin care. They have the advantage that harsh chemicals are not used.

Look out for ingredients such as Gopichand Clay, Neem, Brahmi, Apricot and Papaya.

To receive a free information guide on the Dermal Roller Treatment and other anti-aging treatments or for free tips on how to look younger email info@coolherbals.com.