Skin Care: Facts From the Experts

Fact vs. Fiction: The Top Ten Myths About Anti-Aging Skin Care

Myth # 1: All antioxidants are created equal.
Fact: Antioxidant effectiveness is determined by the antioxidant protection factor (EPF), which works similarly to the sun protection factor (SPF) for sun repair.

Myth # 2: Antioxidants are ineffective.
Fact: They help make your skin firmer and smoother, which is expected to reduce the look of fine lines.

Myth # 3: Only claims made by prescription products can work well—without irritation, many very effective skin care products can work as well.
Fact: Skincare products made from natural ingredients can work well—without irritation.

Myth # 4: Antioxidants with an EPF of 95 are more effective than prescription products.
Fact: Antioxidant effectiveness is determined by the antioxidant protection factor (EPF), which works similarly to the sun protection factor (SPF) for sun repair.

Myth # 5: Any product that contains the newest ingredients is the best and most effective.
Fact: Not all products contain the newest ingredients.

Myth # 6: You can't go wrong buying products with a high percentage of antioxidants.
Fact: Not all products contain the newest ingredients.

Myth # 7: All antioxidants are created equal.
Fact: Antioxidant effectiveness is determined by the antioxidant protection factor (EPF), which works similarly to the sun protection factor (SPF) for sun repair.

Myth # 8: Suntan lotion or suntan oil contains the newest ingredients.
Fact: Not all products contain the newest ingredients.

Myth # 9: Skin care is less important than procedures.
Fact: Not all products contain the newest ingredients.

Myth # 10: Suntan lotion or suntan oil should be used alone or in combination with other cosmetic procedures to improve skin tone and texture.
Fact: Not all products contain the newest ingredients.

Myth # 11: Suntan lotion or suntan oil is the key to eliminating the mystery and fear that has for too long surrounded the U.S. Sunscreen gimmick.
Fact: Not all products contain the newest ingredients.

Myth # 12: Suntan lotion or suntan oil is a highly specialized blend of hydrating glycolic acid and powerful, natural antioxidants that work to renew skin.
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