

Secret to younger-looking hands

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You spend tons of time (and money!) caring for the skin on your face, but the hands (and neck for that matter) are often overlooked.

Discoloration, dryness, and wrinkles can really age the look of your hands, but we've got a few proven methods you can implement to fend off the process.

Glove up

Wear gloves when you're outside—especially for long periods like when golfing or gardening—to limit UV light exposure, which can cause wrinkles, brown spots, and skin cancer, says **Dr. Grant Stevens**, clinical professor of surgery at the USC Division of Plastic Surgery in Marina del Rey, Calif. Inside, wear rubber gloves that go up to your elbows when you're exposing your hands to water.

Pump 'em up

Revive dry, crepey hands with **Exilis**, a laser treatment that stimulates your skin to make collagen. The cost: about \$400 per session. You'll get even better results, Stevens says, if you also get fillers injected into your hand for about \$700 each; the results can last for up to two years.

Slather on sunscreen

Every day! Even if you're going to be inside, you can still get UV exposure through windows. In fact, car windows let in more than 60 percent of UV rays from sunlight.

Bleach 'em out

Got dark brown blotches? Those are caused by UV damage. Try an OTC bleaching cream. If that doesn't work, your dermatologist can prescribe a stronger version—or give you laser treatments at \$250 a pop.

Read more: <http://www.foxnews.com/health/2012/09/06/secret-to-younger-looking-hands/#ixzz26NywzVsS>