

Published based on [Skin Care Myths](#)

Skin Care Myths

When people think of skin care they usually think of fighting wrinkles and blemishes. But there is a lot more to skin care than that. Your skin is believe it or not an organ. So it is very important to keep it healthy, whether you are a man or woman. Click on the link to find out more on keeping your skin healthy.

What you don't know—or think you do know—about your skin can sap its youthful luster. One particularly dangerous misconception: After a certain point, the damage is done—and can't be erased. In reality, there are lots of simple, effective ways to minimize fine lines, erase brown spots, and firm up sagging skin. "If you stick to just a few basics, your skin can look younger longer than you thought possible," says Dennis Gross, MD, a dermatologist in New York City and founder of the Dr. Dennis Gross Skincare line. Here, experts separate fact from fiction and reveal the best ways to keep years off your face.

[Myths That Age Your Skin](#)

You can also find this article published on [Skin Care Myths](#), and on the tag pages [skin](#), [skin care](#), [skin myths](#), [yahoo](#), [yahoo health](#).