

# 6 Age Old Beauty Myths Busted

The internet is constantly pumping out [new articles on skincare and beauty](#), but it seems as though most of the information is recycled material with a new angle. In a rush to create articles and gain followers, blogs and companies alike are constantly publishing the same myths you've been told all your life.



Well, this article is here to debunk some of these age-old myths and shed light on the facts surrounding your daily beautification ritual. Here are six mistruths we've all been told for years.

## Skincare Products Coincide With Age

Companies love to market their products to different demographics, and it makes sense from a sales point of view. However, age has nothing to do with skin type. If you've fallen into the "over 50/mature skin" hype, here's what you need to know.

It doesn't matter if you're 25 or on the cusp of 70, skin concerns can develop at any stage in life. Oily skin is a problem experienced by multiple age groups, as is dry and dull skin. Some people even develop laughing lines and crow's feet as early as 22!

Everyone's skin is different, which makes treating visible signs of aging early on far more practical than buying into the age-related makeup hype. Don't wait until the [plastic surgery clinic of Las Vegas](#) is your last option!

### **Hypoallergenic is Healthier**



Much like the organic food craze, a label doesn't identify what's inside of the product. Hypoallergenic makeups might sound like they're excellent for sensitive skin, but their ingredient list would gladly beg to differ.

If you want to help your sensitive skin, search for fragrance-free products with a list of natural ingredients. Bonus points if it is packed with moisturizing goodness.

## **Age Spots Are Unavoidable**

Age spots have nothing to do with age. They're caused by years of exposure to environmental factors, which cause enzymes in your skin to develop uneven tones.

If you're looking to get rid of them, you'll need a product with hydroquinone. Afterwards, brightening and even the skin can be done with niacinamide and vitamin C. You can develop these uneven spots at any age, which makes sunscreen a girl's best friend for keeping them from happening altogether.

## **Acne is Something You Outgrow**

Whether you had clear skin as a teenager or not, the truth is that you can still have breakouts well into your 60's. Acne isn't a biological reaction to hormones or being a teenager. What triggers acne then triggers it throughout your life.

There are dozens of products you can use to treat acne in just a few days, which is fast enough to help you look your best in the [wedding dresses, bridal gowns, wedding gowns | Azazie](#) before the big day. However, make sure to do your research. If the product is backed by multiple studies, then you're good to go.

## **Makeup Can Cause Acne**



It seems to make sense, but the act of wearing makeup does not increase your chances of developing acne. Leaving it on overnight, however, can thwart your acne medicine's ability to penetrate your skin.

### **Expensive is Better**

Sure, it might seem like spending more money on high-end products is a sure-fire way to perfect skin. In reality, however, there are excellent and ridiculously bad products at every price range. You don't have to spend a fortune to have excellent skin.

Instead, look for healthy ingredients in the cheapest of products. If it's good for your skin, it doesn't matter what it costs.

### **There's More**

These are just a few of the most common myths that circle around the skincare industry. Everyday, women fall for all sorts of gimmicks and old wives' tales that aren't worth their weight in a jar of moisturizing cream. Don't fall for the

hype, educate yourself on the truth behind beauty.