

4 Ways to Keep Hands Looking Young

Help for Hands

With all the products, tips and services available to help keep your face looking fresh, young and [wrinkle-free](#), it's easy to forget about your hands. Caring for them is just as important because, if neglected, hands can actually age faster since the skin is thin and delicate, just like that on your neck. Click through to learn how to keep hands soft and supple.

Ward Off Rays

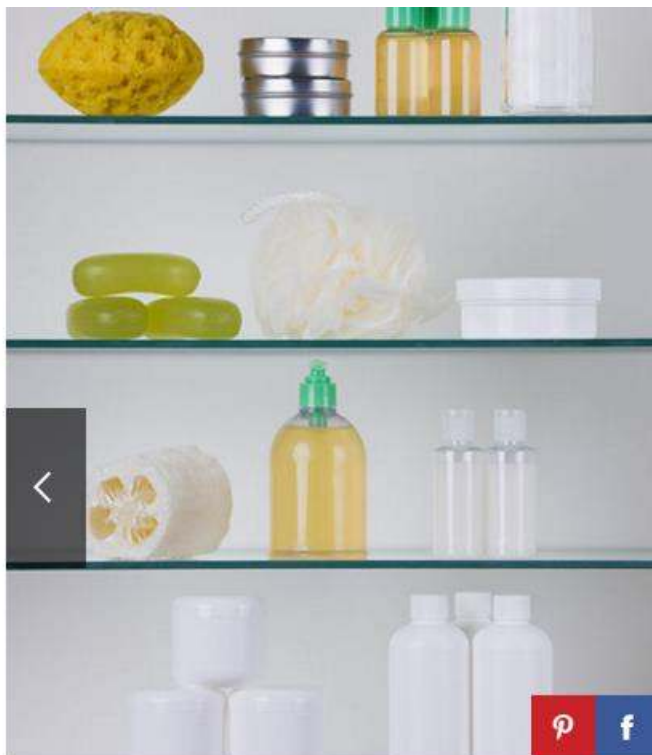
The bad news: Driving your car can age hands—UV light hits the tops as you grasp the wheel, resulting in crepey-looking skin and dark spots. The good news: Simply rubbing on a broad-spectrum sunscreen can protect them. (Popular gel [manicures](#) can also put skin at risk. Apply SPF 30 or higher before going under the lights.)



Cover Up

Collagen production slows as you age and thins out skin, which makes those blue veins along the back of your hands more visible. To camouflage, lightly dab on concealer, then blend slowly and evenly into skin.

NICOLE HILL GERULAT/GETTY IMAGES



Try Face Products

Facial scrubs and brightening eye creams work magic on hands, too. Gently exfoliate them once a week to clear away dead skin cells that dull appearance, then massage on a pea-size amount of eye cream to the back of each hand daily to treat your skin.

SOURCES: Paul Jarrod Frank, MD, cosmetic dermatologist, New York City. Gary Goldfaden, MD, dermatologist and founder, GOLDFADEN MD skincare.



Hydrating Hand Creams

Out of Africa Pure Shea Butter Hand Cream in Olive with Aloe (\$10.99; [Amazon.com](https://www.amazon.com)) deeply penetrates to soften skin while vitamin E combats aging.

Both a lotion and a sunscreen, **Garnier Skin Renew Dark Spot Hand Treatment SPF 30** (\$9.91; [Amazon.com](https://www.amazon.com)) has vitamin C to fade spots.

Infused with alpha hydroxy acids, **Eucerin Intensive Repair Hand Creme** (\$5.49; [Amazon.com](https://www.amazon.com)) naturally sloughs off dead skin.