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## How HydroBoosters help in preventing premature ageing? Dermatologist reveals

According to Dr Vijay Singhal Sr Consultant Dermatology at Sri Balaji Action Medical Institute hydroBooster is a revolutionary skincare treatment combining hyaluronic acid and essential nutrients, designed to address the unique needs of women above 30.

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For women in their 30s and beyond, diminishing collagen levels contribute to signs of ageing (Image: Freepik)

**New Delhi:** Aging changes in the skin is a common condition that occurs as people grow. Skin changes are the most visible sign of ageing in people. As we age, our physical health notices a significant change including our skin becomes thinner, more fragile and loses its protective fat layer. Wound healing may be up to 4 times slower in older age. This may also contribute to pressure ulcers and infections. However, there are factors such as diabetes, blood vessel changes, and low immunity that may affect our skin health. Amid this many women are going for hydro boosters but what is it and at what age you should take it?

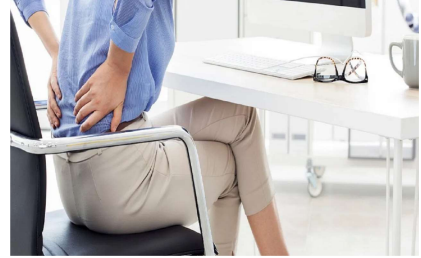
In conversation with News9, [Dr Vijay Singhal](#) Sr Consultant Dermatology at Sri Balaji Action Medical Institute said, "HydroBooster is a revolutionary skincare treatment combining hyaluronic acid and essential nutrients, designed to address the unique needs of women above 30. It is recommended for its ability to replenish skin moisture, combat fine lines, and enhance elasticity. The formulation promotes collagen production, vital for maintaining skin structure. For women in their 30s and beyond, diminishing collagen levels contribute to signs of ageing."



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"HydroBoosters act as a preventive measure, preventing premature ageing and preserving skin health. Its hydrating properties are crucial in combating environmental stressors, which can accelerate ageing. Regular use can lead to a more radiant, youthful complexion. Remember, skin health is a reflection of overall well-being, making HydroBooster a valuable addition to a comprehensive skincare routine for women going through the dynamic changes of their 30s," added Dr Singhal.

### How to take care of your skin health in your 30s?

**Healthy diet:** To keep the skin healthy and hydrated, you need to eat a healthy diet. This may help you fight **premature ageing**.

**Exfoliate your skin:** This is an important step for removing the dead skin cells which are one of the major causes of dullness post 30

**Have a good sleep:** Make sure you are sleeping for at least 7 to 8 hours daily. This not only keeps your overall health perfect but also helps to make your skin look radiant

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