

# Skin Lightening

Contributed by admin  
Thursday, 25 February 2010

For a long time now and in fact for centuries man has employed many strategies for lightening ones skin &ndash; this has included lemon juice topically as well as other different preparations to lighten skin. Though crude, results were still achieved &ndash; but as we have evolved with our technological knowhow, skin bleaching has leapt ahead in leaps and bounds. Now we have many choices for conditions such as melasma and to fade age spots. The process of skin lightening involves the manipulation of the melanin within the skin itself, effectively inhibiting the production of this skin darkening protein. The reason why a individual will buy a bleaching cream or lightening cream varies, but still it would seem that skin lightening creams have proven to be most effective on the market place so far. There are quite legitimate reasons for lightening ones skin colour, and often a decent melasma cream is a much cherished addition to any arsenal for those that suffer from age spots. A decent fade cream or skin lightening gel is easy to source, and many reputable sources can be found online at the click of a button&hellip;