

Anti-Aging Beauty & Skin Care



Overview

"How well you actually take care of your skin is written all over your face," emphasizes Aimee O'Donnell Saunders, Lead Trainer for LUSH North America. "Not following a healthy lifestyle--drinking plenty of water, eating fresh food, and exercising--can damage skin, as these things feed the skin nutrients and flush out toxins." Luckily, with a few tweaks to your skincare and makeup routine, you can take your routine to the next level in prevention and maintenance.

Protect With Sunscreen

Using a sun screen daily can help prevent sun induced signs of aging. "UVA rays damage the collagen and elastic tissue, the major structural support proteins for the skin," according to New York based, board certified dermatologist Dr. Debra Jaliman, MD. Moisturizers already have an SPF added. That is two steps towards a healthy skincare routine, combined into one.

Moisturize

It is never too early to start using a moisturizer. "Look for products that contain Vitamin C and, or peptides," recommends Ricki Gurtman Bobbi Brown New York Beauty Team Artist. "Vitamin C is key for younger looking, even skin, and diminishes the appearance of fine lines and wrinkles over time. Peptides help plump and hydrate skin."

Vitamin C is a natural lightener and collagen booster that evens skin tone and fills in lines. Moisturizers promote daily collagen synthesis, firming skin for a more youthful appearance.

Discover Eye Cream

The skin around the eye is extremely delicate because it is the thinnest of the entire body and has very few oil glands; therefore, it ages the fastest and requires special care. "If you look at women in their 20s you see crow's feet start to form already," describes Dr. Jaliman. "Use an eye cream with emollients and hyaluronic acid which helps bind water to the skin."

Exfoliate Regularly

It takes longer for dead skin cells to slough off as skin ages, causing a dull, ruddy complexion. These dead cells can also block pores and cause blackheads. Exfoliating at least once a week, with a gentle exfoliator reveals a smoother, more youthful complexion, prevents blemishes and increases the effectiveness of other skincare products.

Move into a Neutral Palette

Mute a makeup palette by starting with a moisturizing foundation. Mix a luminizing moisturizer with foundation to give skin a luminous, luscious look. Opt for blushes and shadows in a cream formula, as they keep skin moist and will not settle into fine lines.

Use Foundation Sparingly

"Over application of makeup is a common problem. This can lead to accumulation of make up in lines that ends up emphasizing, rather than hiding, them," explains Lydia M. Evans MD, consulting dermatologist to L'Oreal.

Try applying foundation with a brush, and then go over the face with a damp sponge. This removes any product that has settled into lines and creates a luminous glow.

Condition Lashes and Brows

"Eyelashes tend to diminish in thickness and length as we age, and we may even lose some lashes," according to Dr. Evans. "Keeping the lashes healthy becomes even more important, and an eye serum is an excellent way to keep the lashes hydrated and smooth. Mascara application will be smoother and more even when the underlying lash is healthy." Adjust your makeup routine to take these changes into account. For example, brows may need to be filled in or darkened with an eyebrow pencil.