

Pros Share Their Skin-Care Secrets

DERMATOLOGISTS AGES 28 TO 67 REVEAL THEIR TOP TIPS—AND THE PRODUCTS THEY REALLY USE

*** THE BENEFIT OF A BEAUTY ROUTINE**
 “Self-care—even a five minute skin-care regimen—can lower stress, especially during periods of uncertainty since it creates a sense of control,” says Amy Wechsler, who’s board certified in both dermatology and psychiatry.

IN YOUR 20s

what you should know

“This is the time to develop a routine that focuses on prevention,” says Kimberly Shao, 28, a dermatology resident at the University of Connecticut School of Medicine (right). Her tips: Apply sunscreen frequently to ward off age spots, fine lines and wrinkles, and avoid picking your zits, which can cause scarring and hyperpigmentation.



her go-to products

Eye Cream

A formula that contains niacinamide minimizes the appearance of dark circles.

CeraVe Eye Repair Cream, \$11; at Target stores

Acne Treatment

The benzoyl peroxide in it combats breakouts.

Neutrogena Rapid Clear Daily Leave-On Mask, \$9.50; neutrogena.com



IN YOUR 30s

what you should know

“Slower cell turnover at this age, plus factors like poor diet, increased stress and lack of sleep can leave skin looking dull,” says dermatologist Anna Karp, 34 (right). What helps restore radiance: a brightening serum with a potent antioxidant like vitamin C. (See sidebar next page.)



her go-to products

Cleansing Tool

Use once a week to gently buff away dead skin.

Clarisonic Mia 1, \$129; clarisonic.com

Face Wipes

It’s important to remove makeup, dirt and oil even on the most hectic days.

Simple Kind to Skin Micellar Wipes, \$6; at Target stores



IN YOUR 40s

what you should know

As the skin’s outer barrier begins to break down, “moisture loss will be paramount and lines more pronounced,” says dermatologist Mona Gohara, 44 (left). In addition to using serums and creams morning and night, look for cleansers that hydrate and sunscreens that moisturize to support skin at every step.



her go-to products

Serum

Hyaluronic acid plumps up the skin, and ceramides keep moisture locked in.

PCA Skin Hyaluronic Acid Boosting Serum, \$115; pcaskin.com

Cleansing Bar

This soap-free solid doesn’t strip the skin of its natural oils.

Dove Beauty Bar, \$3 (for two); at drugstores

CLOCKWISE FROM TOP RIGHT: COURTESY ANNA KARP; COURTESY MONA GOHARA; COURTESY KIMBERLY SHAO



Dr. Rosemarie Ingleton with goddaughter Eden.



Don't Forget Your Neck, Chest & Hands!

"These delicate areas are the first to show age spots and lines, so you should give them the same TLC you give your face," says Dr. Wexler.

IN YOUR 50s

what you should know

Assuming you've been practicing good skin-care habits, you might notice only an increase in dryness and overall fragility at this age, says dermatologist Rosemarie Ingleton, 57 (above left). Look for gentle, fragrance- and-sulfate-free products and avoid harsh scrubs (try chemical exfoliants instead).

her go-to products

Face Wash

A nutrient-rich formula won't dehydrate skin.

SkinMedica Facial Cleanser, \$38;
skinmedica.com

Serum

Peptides promote collagen production while acids remove dead cells for a healthy glow.

Rose Ingleton MD Complexion Brightening Booster, \$70; rosemidskin.com



IN YOUR 60s+

what you should know

"At this age, lower estrogen levels can cause your skin to appear thinner. And with collagen production at a near halt, you might experience volume loss," says dermatologist Patricia Wexler, 67 (above). Apply moisturizer day and night using a facial sculpting tool to keep skin firm.

her go-to products

Moisturizer

Created by a stem-cell biologist, it helps minimize wrinkles.

Augustinus Bader The Cream, \$170;
augustinusbader.com

Eye Cream

Apply on upper and lower lids to lift and smooth.

Alastin Restorative Eye Treatment, \$85; alastin.com



Neck & Chest

Apply a multi-functioning cream specifically created for the neck to diminish fine lines, improve age spots and tighten (like Revision Skincare Nectifirm, \$92)—and always top it off with sunscreen, says Dr. Wexler.

Hands

Like the skin on your neck and chest, that on your hands is thinner than on the rest of your body and therefore more susceptible to irregular pigmentation and wrinkles. Dr. Wexler recommends using two hand creams: an antioxidant-rich SPF during the day (reapply it every time you wash your hands) and one with retinol at night to promote cell turnover.

Essentials for Every Age



Vitamin C

The antioxidant neutralizes free radicals (which accelerate signs of aging) and evens out skin tone.
L'Oréal Paris Revitalift Derm Intensives 10% Pure Vitamin C Serum, \$30; at drugstores



Sunscreen

Wearing an SPF 30 or higher is a must. This one is a pro favorite for its lightweight texture.
EltaMD UV Clear Broad-Spectrum SPF 46, \$35; dermstore.com



Retinol

Powerhouse ingredient vitamin A resurfaces the skin to reduce acne and the appearance of wrinkles.
Skinbetter AlphaRet Overnight Cream, \$125; skinbetter.com

FROM LEFT: COURTESY ROSEMARIE INGLETON; COURTESY PATRICIA WEXLER