

**LIFELONG  
GOOD HABITS**

Avoid rubbing your eyes. Consistent tugging in that fragile area can cause discoloration and exacerbate wrinkles.

# THE HEALTHY-SKIN PLAYBOOK

Forget turning back the clock—embrace every life stage with wellness habits that will keep you looking fresh and radiant, whether you just had your first child or are celebrating retirement.

BY LISA DeSANTIS



## YOUR SKIN IS MATURING

Time to fight fine lines and discoloration.

This is when fine lines crop up, especially around the delicate eye area or on the forehead (like the “11” lines between your brows). The culprits: squinting (and smiling!) and sun exposure. Additionally, skin tends to look duller at this stage because skin-cell turnover begins to slow, points out Dr. Lancer. Pair the buildup of dead skin with discoloration caused by poor sun-protection habits, and you’ve got a lackluster complexion. But

with the proper plan of attack—a combination of potent ingredients, innovative treatments, and lifestyle tweaks—you’ll notice big changes in your skin in a few months’ time. Just remember: Consistency is key.

### INGREDIENTS TO INCORPORATE:

#### RETINOIDS

This family of vitamin A derivatives helps boost skin-cell turnover, which is beneficial in a number of ways, including unclogging pores to clear breakouts, evening out the complexion, and kick-starting collagen production. You can buy over-the-counter retinoids, which are called retinol, but stronger formulations require a prescription. **TRY 1. Rose Ingleton MD Retexturing Booster Serum** (\$70; [sephora.com](http://sephora.com))

**LIFELONG GOOD HABITS**  
Skip the hot soaks. When your bath or shower is too hot, it can strip moisture from your skin, resulting in dryness, itchiness, and general irritation.



### Collagen

Naturally found in our bodies, it’s a protein made up of chains of amino acids. The chains wrap together to form thicker ropes, and those ropes provide structure for your skin and keep it looking plump. The verdict is out on whether using collagen topically makes much of an impact. But a protein-rich diet can help support healthy skin. Dr. Hirsch says to skip the collagen supplements, and Dr. Lancer agrees, adding that the focus should be on your diet instead: “A healthy one should be made up of 40 percent protein, 40 percent good oils, and 20 percent carbs from fruits and veggies.” Foods that help to amp up your body’s collagen production include bone broth, fish, and berries, to name a few.

### Hyaluronic Acid

Another thing to pay close attention to as we age? Proper hydration. Dr. Lamb recommends not only drinking ample amounts of water but also making sure that your skin is moisturized from the outside. Hyaluronic acid binds with water and helps skin retain moisture, which makes it an MVP in masks, lotions, and serums. **TRY 2. PCA Skin Hyaluronic Acid Overnight Mask** (\$69; [pcaskin.com](http://pcaskin.com))

### Peptides

These amino acids are the building blocks of collagen and elastin, which are the proteins responsible for reducing fine lines and boosting firmness. **TRY 3. Uncommon Beauty Triple Effect Eye Cream** (\$52; [uncommonbeauty.com](http://uncommonbeauty.com))

### IN-OFFICE TREATMENT:

Discoloration and texture are the typical concerns at this stage, which is why experts recommend laser and radio frequency treatments. They target both issues, while also addressing laxity. RF therapy heats the skin’s deeper layers, which may boost collagen production. Dr. Hirsch adds that when they’re paired with microneedling, there can be a greater reduction in hyperpigmentation. The dual treatment costs \$850–\$1,250.