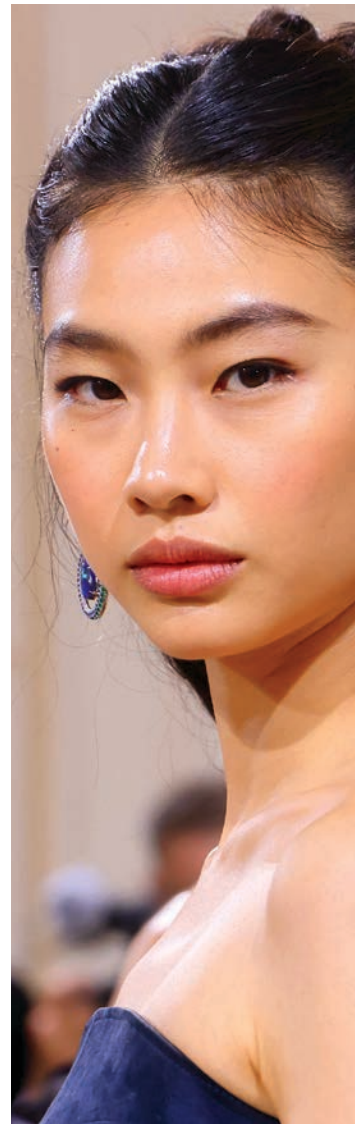


HELLO!

STYLE

BEAUTY | FASHION | GIFT GUIDE



BEAUTY AT EVERY AGE

Maintaining healthy, beautiful skin is an art. By equipping yourself with the proper tools – from skin-care products to in-office treatments – you can preserve your unique canvas through the decades
By Ingrid Williams



ZENDAYA



La Roche-Posay Effaclar Micro-Peeling Purifying Gel, \$18, laroche-posay.ca

Dermalogica Clear Start Liquid Peel, \$40, dermalogica.ca



20s

THE BRIEF Protect and Prevent

Captivating performances aside, 20-something stars like Zendaya and Harry Styles pop off the screen because their age group is blessed with an abundance of collagen and elastin. Skin concerns (other than some acne breakouts) will likely be minimal during this stage of life, making it the perfect time to create a skin-care routine focused on prevention.

“Ninety per cent of our skin aging is due to photodamage, the majority of which occurs in our youth,” says Dr. Mark Lupin, a dermatologist and director and founder of Cosmedica Laser Centre in Victoria. “The most common skin cancer is also caused by too much sun and may be preventable. My best advice is to enjoy the sun but to do it wisely with good photoprotection.”

Dr. Maryam Zamani, an esthetic plastic surgeon at ICLS Dermatology & Plastic Surgery in Oakville, Ont., strongly agrees: “Sun protection, at every age, can’t be stressed enough.” Daily essentials are broad-spectrum sunscreen with at least SPF 30 and vitamin C serum. The topical antioxidant not only reverses sun damage but also neutralizes free-radical aggressors.

Dr. Lupin also recommends using retinol. “It helps clear out pores to treat acne and has the added benefit of reversing early sun damage while promoting new collagen.”

To address frown lines or fine lines across the forehead that may appear in the mid to late years of this decade, Dr. Lara Devgan, a plastic surgeon from New York City, recommends baby Botox and microinfusion microneedling with platelet-rich plasma. “Consider these interventions when you have the skin you’d like to maintain,” she says. “Ideal skin is all about early action for preservation rather than treatment.”

A dose of perspective goes a long way, too. “Healthy skin does not mean perfect skin, and it’s normal to have ebbs and flows in your complexion,” she adds. “It’s important to remember that media representations of filtered faces don’t equate with real life.”



HARRY STYLES



CeraVe Resurfacing Retinol Serum, \$27, amazon.ca



HYEON

Summer Fridays ShadeDrops Broad Spectrum SPF 30 Mineral Milk Sunscreen, \$47, sephora.ca



NeoStrata Enlighten 15% Vitamin C + PHA Serum, \$55, neostrata.ca



TOP TO BOTTOM: FRAZER HARRISON/GETTY IMAGES; MONDADORI PORTFOLIO/GETTY IMAGES; TAYLOR HILL/GETTY IMAGES

30s

THE BRIEF Ready to Restore

You can't coast through your third act! "Collagen and elastin production begin to decrease now," says Dr. Devgan, whose eponymous skin-care line counts Jennifer Aniston among its fans. "You may start to see a reduction in the speed of cell turnover, and the skin takes a little longer to recover from inflammation." To achieve a luminous, bouncy complexion in your 30s comparable to Gemma Chan and Scarlett Johansson, turn to professional help to elevate DIY efforts.

Dr. Devgan encourages regular Botox appointments to maintain the skin you already have and keep wrinkles at bay. "I also recommend an Erbium laser treatment to reduce hyperpigmentation and dullness," she says. "It's a great way to rejuvenate the skin in conjunction with microneedling." Dr. Lupin turns to lasers as well. "Non-ablative laser resurfacing, such as Clear + Brilliant, is especially helpful in the 30s as it aids both skin health and appearance by reversing early sun damage and addressing early wrinkles," he explains.

At home, stick to Dr. Lupin's ABCs: vitamin A (also known as retinol), vitamin B (as in sunblock) and vitamin C (a.k.a. L-ascorbic acid). Adding in a gentle scrub several times a week will allow serums to penetrate better into the skin, adds Dr. Devgan.

Changes to the skin below the neckline are also common. "Many patients in their 30s experience pregnancy and motherhood or weight changes," says Dr. Zamani, noting that there are in-office treatments available. Her go-to approach combines VASER, an ultrasound-assisted liposuction, with radio frequency-based skin tightening, such as Renuvion or BodyTite by InMode. "The combination of these two energies can help your body build and remodel collagen for up to 30 per cent skin tightening in year one," she says. ▶

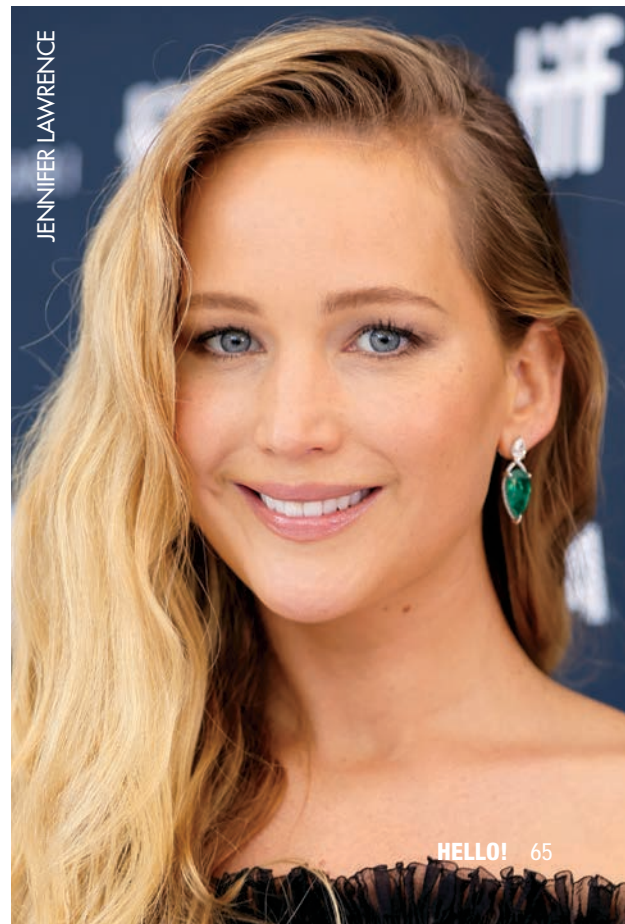
La Roche-Posay Pure Niacinamide 10 Serum, \$65, laroche-posay.ca



Tata Harper Resurfacing Body Serum, \$196, etiket.ca



Vichy Capital Soleil Ultra-Light UV Lotion SPF 60, \$30, vichy.ca



Drunk Elephant A-Gloeï Maretinol Oil, \$95, sephora.ca



The Body Shop Vitamin C Daily Glow Cleansing Polish, \$19, thebodyshop.com





PRIVANKA CHOPRA JONAS



Dr. Lara Devgan Hyaluronic Serum, \$334, drlaradevgan.com

Neutrogena Rapid Firming Peptide Contour Lift Cream, \$50, at mass retailers



40s

THE BRIEF Hydration Happy

On hitting the big 4-0, more visible signs of aging start to appear. “Early hormonal changes may lead to drier skin and loss of elastin, while changes in bone structure and collagen tend to present as laxity or jowls,” says Dr. Lupin. Hollowing under the eye area is another common development, notes Dr. Devgan.

Still, that doesn’t mean you can’t look as fab in your 40s as Charlize Theron and Priyanka Chopra Jonas. Start by doubling down on hydration. “It’s key for locking in moisture, reducing the appearance of fine lines and repairing the skin barrier,” says Dr. Devgan, who puts the focus on graceful aging versus anti-aging. Her top picks include a hyaluronic acid serum, a vitamin-rich night cream and an eye cream loaded with peptides to soften, nourish and strengthen the skin.

If your area of concern is just south of the jawline, a mini-necklift could be the solution, says Dr. Zamani. The procedure uses minimal incisions hidden around the natural curves and lines of the earlobes to tighten the muscles while radio frequency energy is applied to the skin. “Better results can be attained by addressing not just the skin but also the muscle and connective tissues below the skin,” she says. “It’s the best of both the surgical and non-surgical worlds.”

And if the surgical route isn’t for you, there’s a great range of non-invasive treatments. “Dermal fillers are particularly popular as they help lift and make you look less tired – with instant results,” says Dr. Lupin. “Neuromodulators like Xeomin, Botox, Dysport and Nuceiva continue to be helpful, especially to look more relaxed.” Lasers can also help restore collagen, while Ultherapy, Thermage and Morpheus8 treatments use ultrasound or radio frequency to lift and tighten sagging skin.



CHARLIZE THERON



Noble Panacea The Exceptional Vitamin C Booster, \$218, noblepanacea.com



JESSICA CHASTAIN

Estée Lauder Advanced Night Repair Eye Supercharged Gel-Creme, \$92, esteelauder.ca



Kiehl's Retinol Fast Release Wrinkle-Reducing Night Serum, \$98, kiehls.ca

TOP TO BOTTOM: DANIELE VENTURELLI/GETTY IMAGES; STEVE GRANITZ/GETTY IMAGES; ANGELA; WEISS/GETTY IMAGES

50+

THE BRIEF Rejuvenation Ready

Talk about skin goals! A-listers like Viola Davis, Paul Rudd and Jane Fonda still look fresh-faced after 50. But it takes work. “At this age, the skin generally becomes drier, more brown sun spots appear, early precancerous lesions called actinic keratosis tend to occur and volume loss with laxity is more prominent,” says Dr. Lupin. For post-menopausal women, hormonal changes and lower estrogen production can lead to melasma, hyperpigmentation and volume loss, notes Dr. Devgan.

The good news is that there are myriad treatments and procedures to choose from, depending on your budget, your lifestyle and the results you want to achieve. Non-invasive procedures, such as injectables, lasers and firming treatments, can still deliver notable enhancements. If you’re considering making the surgery leap, blepharoplasty, or eyelid lift surgery, is Dr. Zamani’s favourite “worth-it” facial rejuvenation for this age group. “Changes seen with aging in the eyelids, such as extra upper eyelid skin and hooding, bulging pockets of fat and even rounding out of eyelids, can inadvertently change how we communicate and are perceived by others,” she says. “My patients complain of being mistaken for looking tired, upset or angry. Eyelid lift surgery can be quite simple, with little downtime and transformative results.”

Whichever route you take, put your face in good hands. “As you get into more involved treatments, it becomes important to ensure that you are looked after by a reputable clinic with a physician director,” says Dr. Lupin. And be sure to back up your in-office work with at-home maintenance. “Patients have a hand in helping results last,” says Dr. Zamani. “Protect your investment and take good care of your skin for esthetics and skin health.”

Your daily skin-care routine should still enlist the essentials (sunscreen, vitamin C and retinol on repeat) to fend off UV and environmental damage. “Focus on skin health as a priority,” says Dr. Lupin. “This will lead to more beautiful skin in your 50s and beyond.” **H**

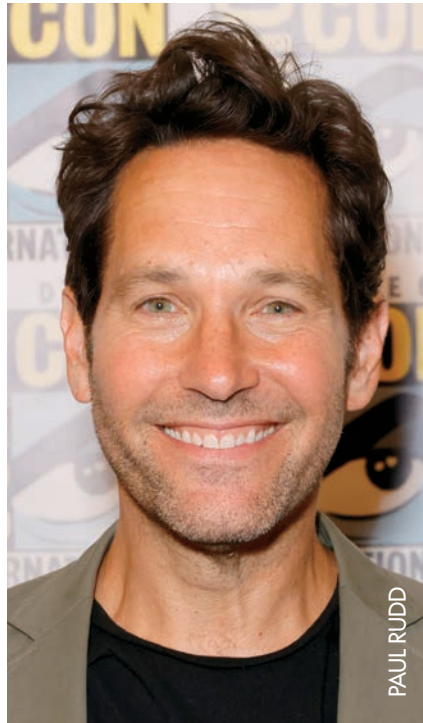
U Beauty The Mantle Skin Conditioning Wash, \$78, ubeauty.com



Adipeau Active Face Cream, \$120, rewindskinco.com



VIOLA DAVIS



PAUL RUDD



Alastin Regenerating Skin Nectar, \$273, theskinstore.ca



Filorga Sleep & Peel 4.5, \$79, filorga.ca

Lancôme UV Expert Aquagel Defense Moisturizer with SPF 50, \$45, lancome.ca



JANE FONDA