



**Bioderma**  
Sébium  
Foaming  
Gel, ₹1,299

**GO THE FOUR WAY—  
CLEANSE, MOISTURISE,  
EXFOLIATE, PROTECT**

**TAKE IT ALL OFF.** Yes, we know, at 4am, after a night out, all you want is your bed. But make daily cleansing a priority and remove that make-up. "Use a cleanser to get rid of dirt, pollution and make-up," says cosmetic dermatologist Dr. Abhijit Desai.

**Miss Vogue pick:** Cetaphil Gentle Skin Cleanser for normal to combination skin, Bioderma Sébium Gel Moussant for oily complexions, and a milk-based cleanser like the Avène Milk Cleanser for drier types

**Clinique**  
Moisture  
Surge  
Intense  
Skin  
Fortifying  
Hydrator,  
₹3,500



**MAKE MOISTURISING A PRIORITY.**

"If you have dry skin, pick a rich moisturiser. Stick to a lightweight lotion if your skin is oily or prone to breakouts," he explains.

**Miss Vogue pick:** Clinique Moisture Surge Intense Skin Fortifying Hydrator

**EXTERMINATE DEAD SKIN WITH WEEKLY  
EXFOLIATION.**

"Glycolic, mandelic or lactic acid-based exfoliators do a great job of diminishing dead skin, keeping pores clean and revealing a smoother and brighter complexion," says Dr Desai.

**Miss Vogue pick:** Neutrogena Deep Clean Blackhead Eliminating Daily Scrub



**Neutrogena**  
Deep Clean  
Blackhead  
Eliminating  
Daily Scrub,  
₹240

**ACCEPT THAT THE SUN IS YOUR  
SKIN'S WORST ENEMY.**

"Repeated exposure depletes collagen and elastin production, making skin thin, less elastic and promoting early wrinkles, not to forget pigmentation," warns Dr Desai.

**Miss Vogue pick:** La Roche Posay Anthelios XL Dry Touch Gel-Cream



**La Roche-Posay**  
Anthelios  
XL Dry  
Touch Gel-  
Cream,  
₹1,250

BEAT

18 till I die

Think anti-ageing can wait till you actually age? Not anymore. The pursuit of youth starts in your youth, finds ANJANA GOSAI

It's never too early to begin the battle against ageing. You don't need to raid your mother's beauty arsenal yet but you'll be wise (beyond your years!) to implement key skincare strategies while still young. Is 17 too early or did you miss the anti-ageing boat at 27? Most dermatologists advise that you follow a basic regimen suited to skin type in your teens, but also suggest taking it up a notch every few years when you notice changes in your skin.

First things first, establish your skin type. "It's very simple to work that out," says Mumbai-based cosmetic dermatologist Dr Abhijit Desai. "Wash your face with a mild cleanser, then pat dry. Wait for an hour and then dab your skin with a clean tissue—pay attention to your

T-zone." Normal skin will not see any oil stains or flakes. But, if your skin is oily, you'll notice visible oil marks on the tissue. Those with dry skin may observe flakes and tightness. "The most common type for teens is combination (an oily T-zone and dry cheeks) skin," he says.

Vichy  
Normaderm  
Hyaluspot,  
₹850

# AGE 18

## BREAK THE BREAKOUT CYCLE NIP ACNE IN THE BUD.

"Effective cleansing is the first step in avoiding spots," explains Dr Rabia Malik, a London-based cosmetic doctor. We know it can be tempting but poking and squeezing spots does more harm than good. "When you pick a spot, you're risking scarring and infection," she warns. "Tackle them with products containing salicylic acid or tea tree oil—these agents battle the bacteria that cause breakouts and acne, while soothing the redness and inflammation."

**Miss Vogue pick:** Vichy Normaderm Hyaluspot



start  
clear

Dermologica  
Clear Start  
Breakout  
Clearing  
Overnight  
Treatment,  
₹1,495

# AGE 19

## SEE A SKIN PRO MAP OUT A PERSONALISED SKINCARE PLAN FOR YOUR TWENTIES.

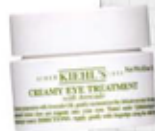
"Start treatments specific to your skin type," says Dr Desai. "Deep cleansing facials and polishing treatments such as microdermabrasion are ideal for oily or combination skin; drier skins should go for a hydrating facial," he adds. In the meantime, get a fast-action acne clearing product. **Miss Vogue pick:** Dermalogica Clear Start Breakout Clearing Overnight Treatment

# AGE 22

## USE AN EYE CREAM KEEP AN EYE ON YOUR EYES.

Years of glitter shadow, kohl-rimmed eyes and multiple mascara coats is bound to take a toll on the delicate skin around your eyes. All those mornings you woke up with last night's smudged eyeliner just add insult to injury. "The under-eye area is extremely delicate, one of the thinnest on the body and the first to show signs of ageing," says Malik. Be kind and dab on an eye cream morning and night.

**Miss Vogue pick:** Kiehl's Creamy Eye Treatment with Avocado



Kiehl's  
Creamy Eye  
Treatment  
with  
Avocado,  
₹1,700

# AGE 20

## ADD A SERUM LEVEL UP YOUR SKINCARE ROUTINE BY ADDING SERUMS.

They are designed to be layered under a moisturiser and come packed with potent ingredients that penetrate the skin to target specific or recurring issues such as pigmentation, spots or dryness. "An antioxidant-based serum is a good multitasker to start with," says Dr Malik. Pick one containing ingredients like Vitamin C and E to promote skin healing and neutralise the harmful effects of free radical exposure from the environment (read UV rays and pollution). It will also enhance the effectiveness of sunscreen," she adds. **Miss Vogue pick:** REN Radiance Perfection Serum



REN Radiance  
Perfection  
Serum, ₹3,250

# AGE 25

## WELCOME TO ANTI-AGEING TWO WORDS: PREVENT AND PROTECT.

By now, your skin settles into its natural rhythm as its oil production takes a nosedive. "Replenish with a moisturiser that contains nourishing lipids like hyaluronic acid, ceramides and peptides," says Dr Malik. "Also look for antioxidant ingredients like pomegranate, green tea, and Vitamin C and E to preserve collagen and elastin," he adds. **Miss Vogue pick:** The Body Shop Nutriganics Drops Of Youth

The Body Shop  
Nutriganics  
Drops Of Youth,  
₹2,895



**PS:** Good skincare alone won't perform miracles. "A healthy diet with plenty of water, fruits and veggies also keeps skin healthy and youthful. Nuts, seeds and oily fish are packed with Omega-3 fatty acids that hydrate skin and keep it supple, from the inside out," adds Dr Malik.