



REFINERY29

The Skin-Care Products You Should Try Before You're 30

Get to Know Antioxidants

“There’s a huge lifestyle component to skin care,” says Dr. Lancer. “At this age, you’re wolfing down your lunch, going to parties, imbibing too much alcohol, and being surrounded by tobacco products. That’s why antioxidants are key.” You can only counteract the damage done by living la vida Lohan with the proper cocktail of ingredients, which helps ward off environmental stressors. This daily cream does the trick without being too heavy.

When you’re applying it, says Hiron, be sure to save some for the neck and décolletage. “Americans are the only people who think the face stops at the chin,” she says. Save yourself from a future of turtlenecks by spreading the love.

