

5- SKIN CARE FOR YOUR AGE GROUP

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Adjusting your skin care to fit your age

How to optimize your skin care to fit your age?

Some experts declare that the need to adapt a skin care routine to fit a particular age is marginal because the essential physiology of the skin does not change all that much. Others assert that your skin care routine should account for every hormonal change in the body, especially those associated with aging.

The core mechanisms of skin physiology are the same at any age. Yet, many things do change, including metabolic rate, cell turnover rate, hormonal levels, accumulation of damaged cells and molecular garbage, prevalence of inflammation and so forth.

Taking those into account is likely to provide extra benefits.

While aging remains inevitable, you don't have to passively accept all negative changes in your appearance.

Some can be reversed, some others can be kept under control or slowed down.

What you can do for fighting back aging signs?

Ensure hydration

Dryness is another problem that tends to emerge in the thirties.

Skin dryness is exceedingly common after 40. Extensive hydration alone is insufficient for an optimal anti-aging routine. It is yet necessary for getting proper results from other steps.

Employing skin products containing moisturizing agents then, becomes a must.

Moisture and exfoliation

Any kind of cream should not be massaged into the skin but applied gently.

Skin can then naturally absorb products avoiding residues on the outer.

Absorption is deeper if the skin surface is thin and exfoliated. Arbutin, an extract from Uva Ursi, controls melanin production and skin pigmentation. It is widely used in Japan as a whitening agent. It can be combined with different ingredients for skin exfoliating and whitening. A reduction of fine wrinkles and the fading of brown spots due to age or sun exposure can be safely obtained.

Problem and oily skin can also benefit from retinol which eases blemishes and controls sebum production. In the forties, your epidermis (the outer skin layer) is likely to become considerably drier and thicker because its cells (keratinocytes) are not replaced as quickly as before. As a result, your skin may look dull and have a drier and more uneven texture. If you notice these changes, removing the excess of dead keratinocytes from your skin's surface by a periodic exfoliation may promote a fresher appearance. However, it is important not to exfoliate too much.

Treat wrinkles and fine lines

Wrinkles and fine lines are common after 40.

In published research a few agents have been shown to reduce existing wrinkles and fine lines and prevent or slow the emergence of the new ones. Agents backed by most evidence are retinoids and vitamin C family (L-ascorbic acid and some of its derivatives). Additional agents such as hyaluronic acid, acid fats, collagen and elastin boosters, ceramides might also be considered.

Treat pigmentation problems

Skin pigmentation problems, such as blotchiness and age spots, are exceedingly common after 40.

Most are caused by abnormal (usually increased) production of the skin pigment melanin. This problem can be improved by employing topical skin lightening agents which inhibit the synthesis of melanin.

Visible results

For visible results each product should be used regularly for at least 30 days.

Jumping from one product to another is not healthy for your skin.

Biological vs. chronological age

You need the basics at any age A number of basic practices are essential for optimal skin care at any age.

Biological and chronological age are rarely very far apart but they are not the same.

The rate of aging varies among people due to genetic and lifestyle differences. The variation in the rate of skin aging is particularly high because the skin is more exposed to the environment.

When optimizing your skin care, you can use your chronological age as a starting point but you should also take into account biological factors that may have affected your rate of aging.

For example, if you are in your twenties but your skin has suffered a lot of sun damage, you may benefit from the anti-wrinkle treatments that are otherwise best used later in life.

If you are undergoing early menopause in your late thirties, you might benefit from topical estrogens and/or progesterone even though such treatment are typically contemplated in late forties.

Make sure you protect your skin from avoidable damage, particularly sun damage.

Establish a sensible basic daily routine matching your skin type.

Skin care in your twenties

At any age, good skincare starts with protecting your skin from avoidable damages, particularly sun damage, and establishing a basic daily routine matching your skin type.

In your twenties, the rate of cell turnover in the outer skin layers is still high. As a result, most 20+ year-olds do not need to exfoliate skin. Aggressive or too frequent exfoliation may actually make things worse.

If you feel the need to exfoliate, a mild chemical or mechanical exfoliation, may be optimal.

Some acne sufferers experience reduction in breakouts when using certain mild chemical exfoliating agents, particularly alpha-hydroxy acids. In this case, mild chemical exfoliation would be appropriate.

Dry skin is uncommon in the twenties because hormone levels are high and sebaceous glands are still largely undamaged. Usually there is no need to moisturize frequently.

In any case, unless you happen to have dry skin, trust an oil-free or low oil moisturizers.

A significant proportion of 20+ year-olds have some degree of acne albeit most cases are mild. In that case, it is best to use oil-free or low-oil, non-comedogenic skin care products. If that is not enough, and your acne needs to be actively treated, try to avoid excessively harsh acne treatment you may have used in your teens.

In most cases, at 20s is not yet time for aggressive wrinkle treatments that could modify your skin physiology. It is too early to tinker with cell growth or aggressively stimulate natural collagen synthesis. Therefore, treatments like retinoids, hormones, and growth stimulators are generally inappropriate. On the other hand, extra steps to prevent future wrinkles may pay off later in life.

You can supplement your basic routine with skin care formulas providing protective ingredients such as antioxidants and vitamins.

You should avoid stripping away too much of the oil your skin naturally produces. It is best to avoid harsh soaps, alcohol-based toners, and other drying agents.

Skin care in your thirties

At 30s some physiological changes related to aging begin to manifest.

The levels of many hormones and growth factors begin to decline (some faster than others) while metabolism and cell turnover rate begin to slow down.

Your skin may have already experienced a sufficient amount of damage. Some degree of visible roughness, fine lines and discolorations may show.

It is the time to turn your skin care routine into a more comprehensive program.

Ensure hydration

Dryness is a problem that tends to emerge in the thirties.

Extensive hydration alone is insufficient for an optimal anti-aging routine.

It is yet necessary for getting proper results from other steps.

Exfoliate - if you need to

In the thirties, your epidermis (the outer skin layer) would tend to become drier and thicker than in your teens or twenties. Its cells (keratinocytes) are not replaced as quickly as before. As a result, your skin may look dull and have a drier and more uneven texture.

If you notice these changes, removing the excess of dead keratinocytes from your skin's surface by a periodic exfoliation may promote a fresher appearance. However, it is important not to exfoliate too much. You might risk to experience chronic irritations which may accelerate skin's aging.

You could start with mild mechanical exfoliating agents. If your skin still looks dull, try mild chemical exfoliation, such as alpha-hydroxy acids.

Treating emerging wrinkles and fine lines

Thirties is the time when physiological changes characteristic of aging begin to manifest. The levels of many hormones and growth factors begin to decline, metabolism and cell turnover rate begin to slow down.

Your skin may have accumulated sufficient amount of damage to have some degree of visible roughness, fine lines, emerging wrinkles and discolorations. This may be the right time for starting with skin care agents shown to have wrinkle reducing effects. The agents backed by the most evidence are antioxidant, particularly vitamin C family and its derivatives.

During stress-full periods or season changes, skin could need a further care to look at its best. Some specific solution able to stimulate skin renewal might help.

During 30s, the eye zone is the first face area where visible signs of aging often appear.

At thirty five it is more common to notice fine lines and bags under your eyes; some might even develop crow's feet. Not surprisingly, when we try to estimate someone's age, the appearance of eye area is always one of the key factors. To slow down the natural tendency of eye area skin to ageing faster than in the rest of your face you can start using a focused aid based on antioxidant active principles

Skin care routines must include the following recommendations:

Tackle deeper problems if needed.

Some 30+ year-olds develop problems beyond dull skin, dryness, roughness or fine lines. The most common is moderate motion wrinkles. These are relatively pronounced wrinkles that develop in the area where facial movements result in skin folding.

Motion wrinkles can be dramatically improved by eliminating its cause, the folding movement of the skin. Botox is ineffective for wrinkles not caused by facial movement.

Skin care in your forties and fifties

At any age, good skincare starts with protecting your skin from avoidable damages, particularly sun damage, and establishing a basic daily routine matching your skin type. However, in the fourth and fifth decades of life your physiology (especially if you are a woman) changes dramatically. If you wish to maintain your appearance as youthful as possible, your skin care will have to change accordingly.

After 40 skin faces more challenges with fewer resources

The fourth and fifth decades of life are characterized by a marked decline in the levels of various hormones and growth factors. Cell damage has accumulated in many tissues and skin is one of the most affected. As a result, the rate at which skin renews and repairs itself is much slower.

Women in their 40s and 50s experience particularly relevant hormonal changes. The loss of these hormones causes a decline in the synthesis of collagen, elastin and other components of skin matrix, reduces the production of sebum and thus leads to skin thinning, dryness and other negative changes

Visible changes of aging could be:

Thickening and drying of the outer layer of the epidermis (stratum corneum) leading to a dull, parched appearance.

Thinning and weakening of the skin's middle layer (dermis), which is the layer responsible for the skin's strength, firmness and resilience. This leads to the accelerated development of fine lines and wrinkles.

Progression and deepening of motion wrinkles and creases. Motion wrinkles are those developing in the area where facial movements result in skin folding. Weakened dermis cannot cope with continuous folding of the skin, which leads to a rapid deepening of motion wrinkles. Progression and deepening of motion wrinkles (developed in the area where facial movements are) and creases.

Development of uneven pigmentation, discolorations, broken capillaries, redness and other blemishes associated with skin ageing.

Loss of subcutaneous fat and slackening of facial muscles, both of which contribute to a tired, haggard look and facial sags.

Another problems of older skin is excessive inflammation, it is expressed in higher levels inflammatory mediators and abnormal activity of certain immune system cells. Inflammation increases the production of harmful free radicals and leads to increased cell damage, degradation of skin matrix and other problems.

What you can do to fight back

Below we list the key skin care steps/treatments potentially useful after forties::

Ensure hydration

Skin dryness is exceedingly common after 40.

Even though proper hydration alone is insufficient for optimal anti-aging routine, it is needed for all other steps to work properly.

Treat wrinkles and fine lines

Wrinkles and fine lines are common after 40.

A few agents have been shown to reduce existing wrinkles and fine lines and prevent or slow down the emergence of the new ones. The agents backed by the most evidence are retinoids and vitamin C family.

Replenishing skin levels of the sex hormones, particularly estrogens and progesterone, via topical application improves skin hydration, reduces wrinkles, increase epidermal renewal rates and produces other beneficial effect in women near or past menopause. However, since small amounts of topical estrogens are absorbed into the bloodstream, such treatment should be undertaken only under the care and with approval of your physician.

Exfoliate - if you need to

In the forties, your epidermis is likely to become considerably drier and thicker because its cells are not replaced as quickly as before. As a result, your skin may look dull and have dry, uneven texture. If you notice these changes, periodic exfoliation may help restore a more youthful feel.

However, it is important not to exfoliate too much. You could start with mild mechanical exfoliating agents or try mild chemical exfoliants.

Treat pigmentation problems

Skin pigmentation problems, such as blotchiness and age spots, are exceedingly common after 40. Most are caused by abnormal production of the skin pigment melanin.

This problem can be improved by topical skin lightening agents, most of which inhibit the synthesis of melanin.

Motion wrinkles are relatively pronounced wrinkles that develop in the area where facial movements result in skin folding. They are very common after 40 and tend to resist treatment with topical anti-wrinkles agents.

Motion wrinkles usually respond surprisingly well to the injections of botulinum toxin. Its usefulness for naso-labial folds a.k.a. smile lines is less clear (smile lines are often treated by dermal fillers). Botox is ineffective for wrinkles not caused by facial movement.

Many problems of the 40-50+ year-old skin may be stubborn enough to resist topical agents and other simple self-administered treatments. At that time, you should consider second-line treatments/procedures usually performed by medical professionals.

For skin Rejuvenation you must take care of

There is nothing we can do about aging is scientifically obsolete.

Causes of aging can be at least partially counteracted.

The way you apply the products can "make or break" your skin care routine because the products will only work if active ingredients reached the dermis in sufficient amounts.

You must reduce wrinkles and reverse signs of skin aging selecting the right method and how to apply it. (Skin matrix/collagen rebuilding agents, such as pro-collagen peptides, ascorbate derivatives, copper peptides, maximizing antioxidant protection, AHA and skin exfoliation; etc.).

Moisturizing cannot reverse skin aging. However, neglecting it or doing it incorrectly (i.e. the way most people do it) can break an otherwise effective skin rejuvenation

Basic rules for optimal skin care

A number of basic practices are essential for optimal skin care at any age. Making them is likely to undermine the rest of your routine.

Make sure you protect your skin from avoidable damage, particularly sun damage.

Establish a sensible basic daily routine matching your skin type.

Then determine whether you need any age-specific step