Skin Care Tips
(by Deborah Ferrari)

Deborah Ferrari

Life

Your skin can reveal your age—or not—depending on how you care for it. Here's how to flaunt healthy, beautiful skin, in any decade of life.

Deborah Ferrari

Skincare in your teens

- Wash your skin daily to remove excess oil.
- Look for cleansers containing salicylic acid to control oil production and increase hydration.
- Cleansers with glycolic acid can help get rid of dead skin cells.
- Use creams, gels or lotions with Vitamin A or benzoyl peroxide to help unblock pores.
- Protect yourself by wearing sunscreen outside and remember to never tan indoors

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Skincare in your 20s

- Skip the sunbathing and don't smoke.
- Use a facial moisturizer with a broad-spectrum sunscreen coverage and an SPF of at least 30.
- wash your face before bed with a mild cleanser and use an oil-free moisturizer.

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Skincare in your 30s

- Moisturizer is your new best friend giving you a brighter and more youthful complexion.
- Go for products that combat the effects of environmental damage and pollution.
- Exfoliate, but avoid harsh scrubs and use a retinoid at night.
- Wear eye cream daily.
- Try moisturizers with antioxidants like green or white tea, pomegranate, or vitamin C.

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Skincare in your 40s

- **Look for products to repair environmental damage.**
- **Wash your face with warm water and a mild cleanser morning and night.**
- **Use a rich moisturizer cream with shea butter or oils.**
- **Try creams, lotions or serums with antioxidants like lycopene, green tea or soy.**
- **Look for: wrinkle cream, eye serum or anti-wrinkle firming cream.**

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Skincare in your 50s +

- Moisture is a major concern at this stage.
- Clean your skin and hydrate—you can use a cream or serum to seal in moisture.
- Look for wrinkle cream, eye serum, night cream, lifting serum or eye lift cream.
- Ingredients that may improve the appearance of wrinkles include vitamin C, hydroxy acids, retinol, coenzyme Q10, tea extracts and grape seed extract.

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Make Your Skin Glow and Smooth

No matter what your age, a healthy routine is key.

Get 7–8 hours of sleep a night, exercise regularly, eat a healthy diet, and drink plenty of water.

THANKS

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