

## Health

### The Best Way to Fight Fine Lines in Your 20s, 30s, 40s, and 50s

By Lisa Whitmore | April 14, 2017

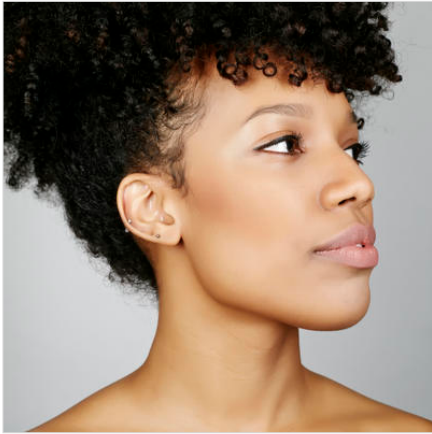


Photo: Getty Images

#### Fight fine lines

You've sworn off sunbathing (OK, by 90%). You've said no to partying. You've even upped your veggie consumption, all in the name of making your skin as ageless as possible. Smart moves. "Preventing skin aging is the best strategy for keeping your complexion looking its best," says Joshua Zeichner, MD, a dermatologist in New York City. While there's no way to completely stave off lines, the following game plans—targeted to your age—will protect and repair your complexion, setting you up for healthy skin year after year.



Photo: Getty Images

#### Your smooth-skin plan in your 30s

Add a retinoid. "This ingredient works by creating cellular turnover to exfoliate the skin and repair DNA, which reverses sun damage and reduces the appearance of wrinkles," says **Ava Shamban**, MD, a dermatologist in Beverly Hills. Over-the-counter creams with retinol, like Eve Lom Time Retreat Intensive Night Cream (\$140; evelom.com), are gentler than prescription retinoids (like Retin-A), so they're good for those with sensitive skin. To minimize irritation, begin applying every other night (not during the day, because the sun diminishes the effectiveness of some formulas), working up to nightly use.

Beware of pore cloggers. Mineral and other oils tend to plug up pores. This triggers acne and stretches out pore walls, leading to lines and sagging. "Find the cleanser, moisturizer, and sunscreen that work for your skin, then stick with them," advises Dr. Downie.

Don't rub your eyes. This habit causes discoloration (by increasing melanin production) and may also exacerbate wrinkles. Next time you're tired or itchy, try Dr. Downie's fix: Apply an ice pack.



Photo: Getty Images

### Your smooth-skin plan in your 40s

Don't skip SPF and retinoid. Applying them consistently can keep your 40-something skin looking a decade younger. Still using an OTC retinoid? Ask your dermatologist for a stronger, Rx version, says Dr. Shamban.

Opt for a serum with growth factors. Not to be confused with growth hormones, growth factors are produced naturally by the skin and help repair free-radical damage and maintain smoothness. As we age, our skin produces less of these substances. But using a serum with growth factors, like PCA Skin Rejuvenating Serum (\$85; [dermstore.com](http://dermstore.com)), nets you fewer wrinkles and creases, according to research.

Think antioxidants. "Add a serum containing vitamin C, vitamin E, ferulic acid, and phloretin to your morning routine," says Dr. Zeichner. Applying it before SPF enhances its effectiveness and prevents free-radical damage. "This is especially important," he says, "as your skin's natural antioxidant defenses start to decline in your 40s."

Lather on moisturizer. Look for a cream with ingredients that plump the skin, such as hyaluronic acid and glycerin.



Photo: Getty Images

### Your smooth-skin plan in your 50s

Find a derm you trust. She can make sure you're using the right products and tweak your nightly retinoid dose, if needed, so you get the best results.

Switch to a rich moisturizer. It's crucial to move to a thick emollient moisturizer loaded with hydrating ingredients, says Dr. Shamban. Murad Hydro-Dynamic Ultimate Moisture (\$75; [sephora.com](http://sephora.com)) packs hyaluronic acid and shea butter for a smoothing effect.

Hit the gym. Weight tends to creep up during menopause; yo-yo dieting weakens skin, causing it to sag. Dr.

Downie's advice? Work out at least four days a week. Bonus: Exercise brings blood to the skin's surface, giving you an instant glow.

<http://www.health.com/beauty/how-to-get-rid-of-fine-lines>