

Women's Health

7 Anti-Aging Products Dermatologists Swear By

They know what they're talking about—just look at their skin.

BY JESSICA MIGALA | July 20, 2017



PHOTOGRAPH COURTESY OF SKINMEDICA

Caring for your skin isn't something to put off for the future—it starts now. That's the message dermatologists want you to know. Not only do they give patients advice on how to chase away dark spots, prevent and treat lines and wrinkles, and stop sagging before it starts, but they also treat their faces with top-notch products every morning and night.

"An anti-aging routine should start in your mid to late 20s," says Dermatologist Lian Mack, M.D., founder of GlamDerm in New York City. "After the age of 30, our skin no longer produces certain types of collagen. In fact, we lose one percent of our collagen annually," she adds. *Whoa there, slow down!* Because collagen is broken down every day by the sun and free radicals in the environment, Mack recommends focusing on protecting your skin during the day and repairing it at night.

You know we had to ask them for their go-to skin care products that keep their skin looking youthful. It shouldn't surprise you that there's a commonality in this list: sunscreen. The one thing a dermatologist will always tell you to use is a good SPF to protect your skin from damage before it starts. After all, it's easier to protect against (or delay) the signs of aging than it is to repair them. You'll also find formulas heavy with antioxidants, as they do the heavy lifting when it comes to sopping up those nasty free radicals that break down supportive structures in skin. And, of course, products that help your skin glow were a must.

Here are seven anti-aging products that top dermatologists say stand out in the quest to keep skin beautiful:



47 PHOTOGRAPH COURTESY OF LA ROCHE-POSAY

LA ROCHE-POSAY ANTHELIOS 50 TINTED MINERAL ULTRA FLUID SUNSCREEN

SPF wins again. **Ava Shamban**, M.D., Beverly Hills dermatologist and founder of SKINxFIVE, goes for this tinted water-resistant formula that's filled with mineral UV protectors like titanium dioxide. Added antioxidants sop up wrinkle-causing free radicals from environmental exposures. You'll also love how this one soaks into skin and provides just enough tint to hide imperfections.

Buy it: \$33.50, dermstore.com

<http://www.womenshealthmag.com/beauty/anti-aging-products-dermatologists-swear-by/slide/7>