



How to choose the best anti-aging products, according to these dermatologists

Top dermatologists share their favorite youth-preserving serums, eye creams and more.

By Christina Heiser. April 1, 2019



No matter how much we (and Cher) would like to turn back time, it's sadly impossible. With the passing of years comes signs of aging like forehead wrinkles, crow's feet around the eyes and dark spots. The good news is, advancements in the skin care world mean there are plenty of products out there that have the ability to not only slow the signs of aging on your face but minimize the appearance of existing ones.

"Anti-aging products can slow down the aging process by stimulating collagen production, fighting oxidizing agents — which damage DNA — and promoting skin peptide production that results in optimal protein functioning," explains [Anna Guanche, MD](#), dermatologist and owner of Bella Skin Institute in Calabasas, California.

Chris G. Adigun, MD, dermatologist at the Dermatology & Laser Center of Chapel Hill in North Carolina, notes that preventing, or slowing the process, of aging is much easier than trying to reverse changes that have already happened to your face. That's why just about every dermatologist you talk to (include the ones we interviewed for this story), strongly recommend applying sunscreen daily as a form of prevention against aging.



“Sunscreen and moisturizer are the two most effective anti-aging products,” says Kejal Shah, MD, dermatologist at Cooper Clinic Dermatology in Dallas. “Exposure to UV light speeds up the natural aging process of your skin, causing wrinkles and rough, blotchy uneven pigmentation.”



Guanche is a fan of this anti-aging serum because it “provides immediate skin tightening, as well as long term anti-aging results, so you get immediate gratification as well as long term help.” She adds that this serum makes a nice primer under makeup, meaning you won’t have to worry about your foundation balling up.

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