

## the klog

### The Skin Care Products Worth Investing in at Every Age

Andrea Navarro. June 6, 2019



Wondering if a product is worth the splurge? Here a dermatologist shares the skin care she recommends investing in based on your age.

Everyone's skin is different, and no skin care routine is universal. However, depending on your age, there are certain products that should probably be in your arsenal no matter what. And if you're going to splurge on any skin care products, let these be them.

Here, board-certified dermatologist and celebrity beauty expert **Dr. Anna Guanche** shares her expert recommendations on the products to invest in, based on your age group. Keep on reading for what to keep in mind during your next beauty haul.

In Your 20s: SPF, Retinol, and AHAs

This is a great time to invest in the right SPF products. "Sunscreen is a must for all ages, but good habits start early," says Dr. Guanche. It's also the ideal time to consider incorporating a retinol product or retin-A into your skin care routine. "This is great for anti-aging as well as for breakouts, which may still be occurring in your twenties," she explains. If breakouts are a concern for you, another good product to invest in would be a glycolic acid-based moisturizer. It can help control and prevent breakouts by not clogging up your pores and allowing bacteria to grow throughout. Dr. Guanche also notes that glycolic acid-based moisturizers can also help diminish fine lines and help the skin appear smoother and more fresh.

Try: Thank You Farmer Sun Project Light Sun Essence and Isntree Clear Skin 8% AHA Essence

In Your 30s: Retinol (again!) and Vitamin C



Experiencing new growths and pigmentation. Fine lines and wrinkles also become more apparent,” says Dr. Guanche. Therefore, if you weren’t considering investing in a retinol product or retin-A in your 20s, now it’s essential. If your main concern is reducing pigmentation, Dr. Guanche suggests adding a brightening complex with either hydroquinone and/or azelaic acid and vitamin C to reduce any spots.

Your 30s are also a great time for thinking about other cosmetic procedures, such as Botox, in an effort to reduce any signs of premature aging. “Baby botox”, which is a great entry-level version of Botox, is more delicate and a great option to consider in your 30s. Dr. Guanche also notes that while you may be looking to invest more in your skin care during this period of your life, if you are trying to start a family, talk to your OBGYN about which products are safe and which ingredients to stay from.

Try: Neogen Real Vita C Powder Lemon

In Your 40s: A Nourishing Moisturizer and Quality Eye Cream

During this phase of your life, the signs of aging become more visible and so does any pigmentation. The hormones are beginning to change and sometimes the shift in estrogen (perimenopausal) can lead to dry skin,” Dr. Guanche explains. A moisturizer that can target several of your skin concerns is the way to go. Look for a rich cream that helps fight the signs of aging, while providing your skin with essential nutrients. “Adding a high quality eye cream is a must at this age,” she says. You may also want to invest in a neck cream.

Try: SMD Cosmetics Saromae Snail Secretion Filtrate

In Your 50s: Powerful Serums

In your 50s, you’ll want to stay on the anti-aging train. Consider investing in powerful serums and swapping your daytime moisturizer for something richer, along with your SPF. Dr. Guanche says that at night, you’ll need to continue a multi-step routine to ensure your skin is getting the treatment it deserves. This multi-step routine could include eye cream and a lip mask, along with your cleanser, serum, and moisturizer. “We essentially propose not holding back in any decade, but especially this decade,” she says. “Hormones are starting to level out, and many are on hormone replacement therapy in their 50,” she adds. Traditional Botox treatments are still important throughout your 50s, and you may want to consider some fillers to help keep the skin appear rejuvenated.

Try: D’alba Piedmont White Truffle Intensive Ampoule

In Your 60s: A Firming Eye Cream

All of the above still apply in your 60s, and investments are just as worthwhile. “A very nice cream with high moisture content is great and an emollient moisturizing cream for the under eyes is a must,” she says. For the eyes, invest in a product that targets fine lines and wrinkles, dark circles, and puffiness to provide both firmness and hydration. The area is super delicate, so it deserves to be treated with the best ingredients and products on the market.

Try: Neogen Collagen Lifting Cream and Missha Misa Geum Sul Vitalizing Eye Cream

<https://theklog.co/skin-care-to-invest-in/>