



TAYLOR
FOSTER

AGE: 37
OCCUPATION:
mom, yoga
teacher,
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LESLIE
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AGE: 68
OCCUPATION:
documentary
filmmaker

anti-aging advice for every age

IT DOESN'T TAKE MUCH TO LOOK YOUR BEST, NO MATTER YOUR NUMBER.
HERE'S A CONCISE (YET COMPREHENSIVE) SKIN-CARE SYLLABUS.

MORE IS NOT MORE. Just because we're in the midst of an anti-aging skin-care boom—with an ever expanding profusion of scientifically backed retinols, AHAs, BHAs, peptides, antioxidants, hyaluronic acids, et al.—doesn't mean you should be piling on the new advancements as fast as they make them. Why? "Most of us just can't comply, long-term, with extensive regimens," says Neal Schultz, a dermatologist in New York City. Plus, all those products can become pricey. And, frankly, there's no correlation between the amount of stuff you put on your face and youthful skin. In fact, says Schultz, "slathering on too many formulas often causes irritation." Better: Limit your regimen to two to three steps in the morning and the same at night, and stick to it for four to six weeks, at which time you should start to notice results. Choose multitasking products whenever possible to ensure that you're getting lots of benefits for your buck. And let your age dictate which Breakthrough Ingredients to use now (and later). Illuminating, eh?

IN YOUR 20s

Your complexion is at its most cooperative during this decade. You've probably (mostly) outgrown pesky teen pimples and are not yet shouldering the stress or hormonal imbalances (due to pregnancy or perimenopause) that can trigger adult acne in your 30s or 40s. You are also producing plenty of collagen, so your skin is plump and smooth, and any sun damage that you've suffered is probably still concealed well beneath your

skin's surface. But this is the time to lay the groundwork for the future. "Being proactive about your anti-aging regimen can help delay the wrinkles written into your DNA by a decade or more," says Schultz. And remember: What you don't do in your 20s is as important as what you do do, says Gervaise Gerstner, a Manhattan dermatologist. That means no sunning, no smoking, and no falling into bed without washing your face.

YOUR SIMPLE 20s SKIN-CARE STRATEGY

**A.M.
EXFOLIATING CLEANSER**
Although persistent acne may have subsided, your skin still has active oil glands, says Susan Taylor, a Philadelphia dermatologist, who recommends picking a cleanser with a chemical exfoliant, such as salicylic or glycolic acid, to clear away excess sebum and prevent clogged pores. Try Clinique Acne Solutions Cleansing Foam (\$20, clinique.com).

OIL-FREE SUNSCREEN
Daily application is a must. It is the single most effective way to prevent sun spots, says Gerstner—and preventing them is far easier (and cheaper) than removing them. To ensure that you're getting adequate protection, most dermatologists recommend a broad-spectrum sunscreen with SPF 30 or higher. And a friendly reminder: Reapply frequently if you're in direct sunlight, such as at the beach. Try Shiseido Urban Environment Oil-Free UV Protector SPF 42 (\$32, shiseido.com).

**P.M.
GENTLE CLEANSER**
To avoid stripping skin of too much oil, which could actually trigger breakouts as well as irritation, Taylor suggests a hydroxy acid-free gel cleanser. Try Neutrogena Extra Gentle Cleanser (\$7 at drugstores).

EXFOLIATING TREATMENT
Look for a serum or a night cream with skin-sloughing ingredients to continue to promote collagen production and help keep pores clear and your complexion radiant. Try SkinCeuticals Retinol 0.5 Refining Night Cream (\$57, skinceuticals.com), BeautyRx Daily Exfoliating Therapy Serum with glycolic acid (\$65, beautyrx.com), or a prescription retinoid, such as Retin-A.

OPENING PAGES: LEFT, MADHYA FAROQUJI FINE JEWELRY EARRINGS, MADHYA FAROQUJI.COM. RIGHT: ALASDAIR NY BLAZER AND TOP, ALASDAIRNY.COM. OPPOSITE PAGE: POLLY WALES FINE JEWELRY EARRINGS, LOVE, ADORNED, 212-451-1500.

IN YOUR 30s

YOUR SIMPLE 30s SKIN-CARE STRATEGY

Your focus now should be on preventing fine lines and discoloration due to sun damage, as well as treating adult acne, a condition that affects 50 percent of 30-somethings, says Jessica Wu, a Los Angeles dermatologist. (Interestingly, of that 50 percent, only half battled acne as teens.) Even if you don't suffer from adult acne, you will benefit from deep-cleaning products, since your skin is probably oilier than your mother's was at this age. "Normal used to be the most common skin type among women in their 30s, but now it's combination skin," says Schultz. This uptick in sebum production may be the result of the same factors causing the spike in adult acne—namely stress, hormonal imbalances, and the increasing assaults of pollution.

**A.M.
GENTLE CLEANSER**
Jessica Wu says to opt for something mild over medicated at this age to avoid disrupting the skin's barrier (a.k.a. its shield against external irritants). Try Peter Thomas Roth Cucumber De-Tox Foaming Cleanser (\$35, peterthomasroth.com).

ANTIOXIDANT SERUM
Antioxidants, such as vitamin C, help fight off the free radicals that accelerate wrinkling. They can also reduce inflammation, diminishing breakout-related redness, says Fredric Brandt, a dermatologist with practices in New York City and Miami. Try SkinCeuticals Phloretin CF with vitamin C (\$159, skinceuticals.com).

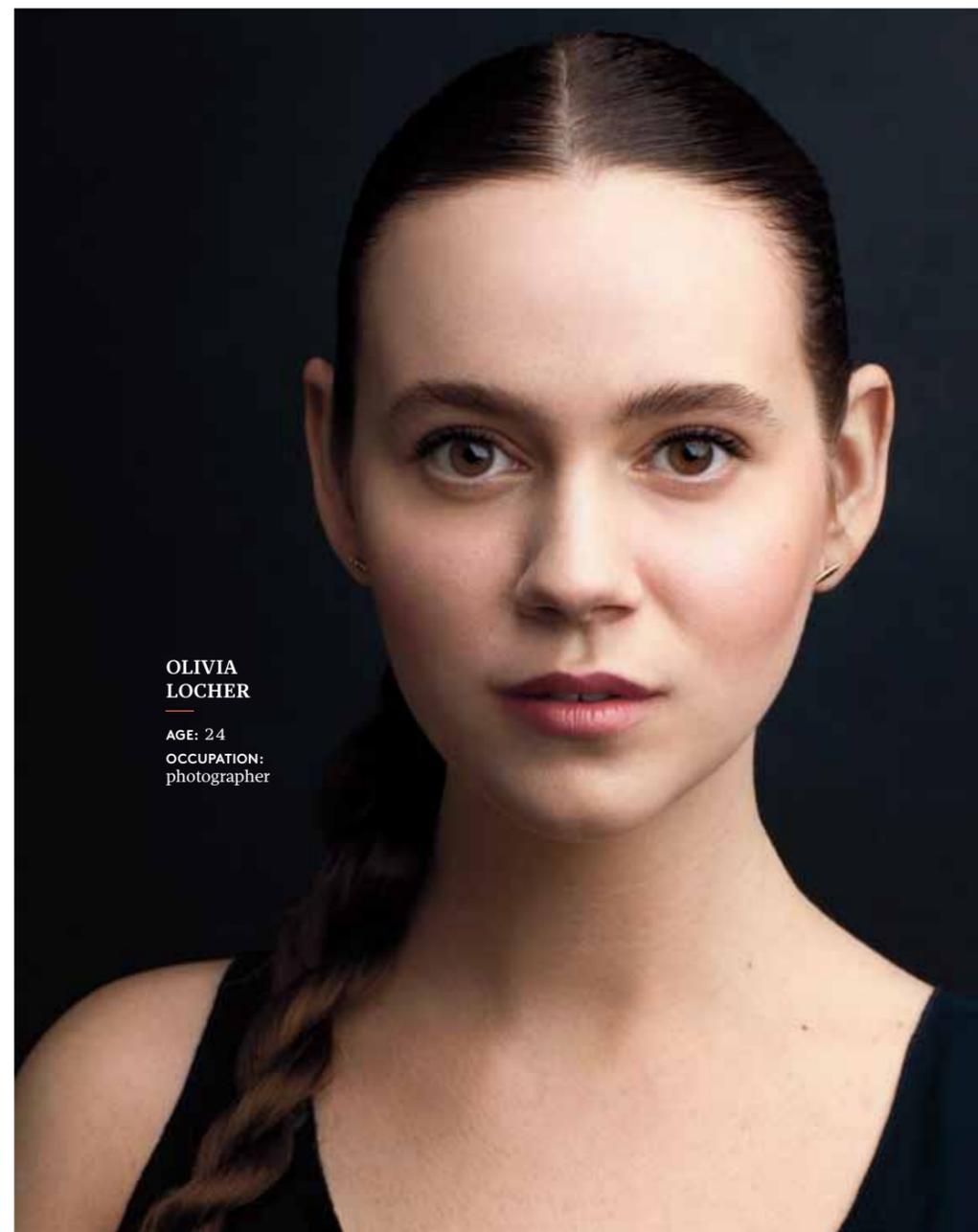
SUNSCREEN
In addition to preventing fine lines and wrinkles, using an SPF of at least 30 daily will keep pimple scars from darkening, a common problem for those with deeper skin tones, says Wu. Try La Roche-Posay Anthelios 60 Ultra-Light Fluid Sunscreen (\$30, laroche-posay.us.com).

**P.M.
GENTLE CLEANSER**
Most dermatologists say you can use the same cleanser morning and night. And when you're just too tired, wipe your face with a cleansing cloth to keep pores in the clear. Try Burt's Bees Cucumber & Sage Facial Cleansing Towelettes (\$6 at drugstores).

EXFOLIATING TREATMENT
A retinoid product—or, if you can't take the sting, one with glycolic acid—is the best way to address acne while staving off lines. Try StriVectin Advanced Retinol Night Treatment (\$109, strivectin.com) or Olay Regenerist Night Resurfacing Elixir with glycolic acid (\$23 at drugstores).

OLIVIA
LOCHER

AGE: 24
OCCUPATION:
photographer



IN YOUR 40s

While prevention of lines and sun spots is still the main goal, you also need to start combating the smattering that have begun to crop up. “What began as cute freckles in your 30s coalesces in your 40s into larger splotches that remain long after summer’s end,” says Wu. You may still battle the occasional break-out as well, so look for products that address both flare-ups and the early signs of aging. On the bright side, many dermatologists say that you no longer need to use a cleanser in the morning (assuming that you washed your face before bed). A rinse in the shower or a splash of cool water is enough to refresh. Skipping cleanser in the morning ensures that you won’t strip your skin, as this is the decade when sebum production begins to decline due to perimenopause or, in some cases, full-fledged menopause.

YOUR SIMPLE 40s SKIN-CARE STRATEGY

A.M.

ANTIOXIDANT SERUM
In addition to preventing free-radical damage from the UV rays that are not blocked by sunscreen, the antioxidant vitamin C, specifically, has collagen-boosting (read: line-plumping) effects. Try Perricone MD Vitamin C Ester Serum (\$98, perriconemd.com).

MOISTURIZING SUNSCREEN
Opt for one with a creamy, hydrating base, which moisturizes and protects, says Brandt. Wu recommends BB or CC creams to her patients over 40 because they offer moisture, sun protection, and tint. Try BeautyRx Exfoliating Green Tea Complex SPF 20 (\$90, beautyrx.com) or Clinique Moisture Surge CC Cream Broad Spectrum SPF 30 (\$37, clinique.com).

EYE CREAM

Not everyone needs an eye cream. For some, the moisturizer you’re using on the rest of your face will suffice. But if you’re noticing a proliferation of crow’s-feet, or if dark circles are a chronic issue, “add a product that targets them head-on,” says Brandt.

Anything that contains retinol or glycolic acid should help. Both ingredients boost collagen production, to plump up lines, and fade dark circles caused by hyperpigmentation. Try ROC Retinol Correxion Eye Cream (\$23 at drugstores) or Dr. Dennis Gross Ferulic & Retinol Eye Cream (\$68, dgskin.com).

P.M.

GENTLE CLEANSER

While you get a pass on morning cleansing (but not sunscreen—never sunscreen!), you do need a product to remove makeup and grime at day’s end. Because your skin is becoming drier, stick to mild, nonacid-based washes. If you want a deeper clean a couple of times a week, use a cleansing brush in conjunction with your sudser. Try Aveeno Ultra-Calming Foaming Cleanser (\$7, aveeno.com for stores) and the Foreo Luna cleansing device (\$199, foreo.com).

EXFOLIATING PRODUCT

To help keep sun damage and wrinkles from deepening (or surfacing), use of a dead-cell-sloughing, collagen-boosting retinoid or glycolic acid product is essential. Try Neutrogena Rapid Wrinkle Repair Night Moisturizer (\$21 at drugstores) or a prescription-strength retinoid, such as Renova.

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CRYSTAL GRANDERSON- REID

AGE: 42
OCCUPATION:
writer, creative
consultant



SANDRINE
VAN SLEE

AGE: 51
OCCUPATION:
fine-art painter,
makeup artist

TOME DRESS, TOMENYC.COM. MADYHA FAROOQUI FINE JEWELRY EARRINGS, MADYHAFAROOQUI.COM.

IN YOUR 50s

“This is the decade of collagen loss and saggy skin,” says Wu. (Oh joy.) The reason: Menopause (peri- and the real deal) affects nearly every woman in her 50s, and its onset is coupled with a steady decline in estrogen, which causes collagen production to drop off sharply and the skin to become significantly drier. So load up on products that hydrate and boost collagen. As in your 40s, you can skip washing your face in the morning (assuming you did it before you went to bed) or just splash with cool water.

YOUR SIMPLE 50s SKIN-CARE STRATEGY

A.M. ANTIOXIDANT SERUM OR CREAM

Studies have shown that inflammation speeds aging. All the more reason to reach for inflammation-calming antioxidants first thing in the morning. Try **Origins A Perfect World Antioxidant Moisturizer With White Tea** (\$41, orgins.com).

HYDRATING SUNSCREEN OR MOISTURIZER WITH SPF

Sun protection helps stop years-old damage lurking beneath the skin from surfacing. Choose sunscreen in a rich base, or if your skin is particularly dry, mix a dollop of **Aquaphor Healing Ointment** into any noncreamy formula in your hand before applying, to increase the moisture in your skin, says Gerstner. Try **Lancôme Bienfait Multi-Vital SPF 30 Cream** (\$46, lancome-usa.com).

EYE CREAM

If you haven't already, incorporate one into your routine now. Even if you've managed to sidestep dark circles and crow's-feet, the skin around the eyes starts to become crepey (thanks to collagen loss) during this decade. Choose a product that contains collagen boosters, such as retinoids, peptides, or glycolic acid. Try **Glow by**

Dr. Brandt Revitalizing Retinol Eye Cream (\$55, drbrandtskincares.com).

P.M.

GENTLE CLEANSER

This helps create a clean canvas that lets anti-aging treatments penetrate more effectively. Try **Garnier Clean & Nourishing Cleansing Oil** (\$8, garnierusa.com).

ANTIOXIDANT SERUM OR CREAM

Like exercise, this is one habit that you can't give up or everything will start to head south. You can use the same one you apply in the morning.

EXFOLIATING TREATMENT

A prescription cream, such as **Renova** or **Retin-A**, will be your most effective option for sloughing skin, encouraging cell turnover, and sparking collagen production. If you can't tolerate retinoids, a product with glycolic acid or peptides may be a worthy substitute—not as powerful, but less irritating. Try **ReVive Moisturizing Renewal Cream** with peptides and glycolic acid (\$195, reviveskincares.com).

60s

AND OLDER

“Easy does it” is your new mantra. Your skin-care regimen shouldn’t change markedly from 50 to 60 to 70. (Hydrating, firming, and keeping discoloration at bay are still your major concerns.) However, many women find that their skin does become more sensitive after 60. This may be the result of the skin’s barrier function becoming less proficient at keeping irritants out—or it may simply be that the skin is thinner, drier, and more vulnerable to outside assault, says Wu. So you may have to downshift your exfoliating regimen. (For example, use your retinoid or glycolic acid every other night rather than daily.) Also, choose an antioxidant product that calms inflamed skin, too. (One to try: Renée Rouleau Soothing Relief Serum with white tea and soothing algae extract, \$43, renerouleau.com.)



HAIR AND MAKEUP HELP
Want more tips on age-proofing your look?
Go to realsimple.com/beautyadvice.

THE BEST IN-OFFICE TREATMENTS FOR YOUR AGE

Looking for a little something extra? Consider supplementing your at-home regimen with a noninvasive procedure in a doctor’s office or spa to accelerate the results a bit. Top dermatologists explain your options.

20s

While many doctors are reluctant to recommend injectables, lasers, or even peels at this stage of the game, Susan Taylor, a dermatologist in Philadelphia, says that regular, seasonal facials can help keep pores clear and prevent blackheads.

30s

If you’re seeing fine lines around the eyes or have a number 11 etched between your brows, nothing beats the wrinkle-relaxing powers of botulinum toxin type A injections, such as Botox or Dysport (about \$400 and up per session; you may need a few a year). “I call the treatments I give to my 30-something patients ‘baby Botox,’” says Neal Schultz, a Manhattan dermatologist. These treatments consist of tiny injections in a few spots to smooth and prevent the deepening of lines. If, however, you’re more concerned with uneven tone or breakouts than fine lines, Taylor suggests chemical peels (at \$100 a pop; you may need six)

to “remove discoloration, lighten any dark spots, and smooth the texture of the skin.”

40s

Again, Botox and Dysport top the list for their ability to erase existing lines and help prevent new ones from forming. Fillers, such as Restylane and Juvéderm Voluma XC (prices and duration of results are comparable to botulinum toxin type A injections), run a close second, though, as they do what you might think: They fill droopy areas, like cheeks, producing a more lifted look.

50s+

Because this is the decade of dwindling collagen loss—as well as the time when sun abuse from the past becomes noticeable in the form of dark spots—many dermatologists recommend laser-resurfacing treatments, such as the no-downtime Clear+Brilliant or the more intensive Fraxel Dual. (Prices range from the high hundreds to the low thousands, depending on where you live.) Both can help jump-start the production of fresh collagen as well as lighten discoloration in one session.

STYLING BY JENNIFER SMITH; HAIR BY GERALD DECOCK USING ORIBE HAIR CARE; MAKEUP BY GLENN MARZIALI USING CHANEL FOR FACTORY DOWNTOWN; MANICURES BY ANA-MARIA USING THE SYSTEM BY FORMULA X FOR SEPHORA.

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