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How to Age-Proof Your Skin, According to Hollywood Beauty Experts

Noma Nazish | March 24, 2018



Who doesn't want to knock years off their face? Luckily, this can be achieved without going under the knife or using elaborate treatments that cost an arm and a leg.

Don't believe it? Check out these simple tips from some of Hollywood's top notch skin care professionals to get radiant, youthful skin in no time:

Protect your skin from the sun. "Sunscreen makes the biggest impact on your skin," says Beverly Hills dermatologist, [Dr. Ava Shamban](#). Regular exposure to UVA rays causes photoaging. Frequent sun exposure accounts for 80% of skin aging, states a study published in *Clinical, Cosmetic And Investigational Dermatology*. The UVA rays-induced damage includes everything from premature wrinkling and pigmentation to age spots and saggy skin. Always use a sunblock (with an SPF of 15 or greater) or a moisturizer that has SPF in its formula before stepping out. Also, don't forget to reapply it throughout the day in order to stay protected.

Use the right products. "When it comes to skincare products, look for ingredients like retinol and anti-oxidants such as vitamin C, niacinamide, green tea extract, alpha hydroxy acids and peptides," tells Dr. Shamban who is also the akin maven on ABC's *Extreme Makeover*. Retinoids are vitamin A derivatives that can effectively unclog pores, boost collagen production and smooth fine lines. Meanwhile, antioxidants like green tea and

grape seed protect the skin from damaging free radicals and help lessen the appearance of fine lines and wrinkles. If you're in your 30s, "look for ingredients that work to stimulate collagen as well as firm and lift skin," says Beverly Hills-based skincare guru, Sonya Dakar. "A woman in her 30's should use vitamin A at night and vitamin C during the day. Hyaluronic acid is another key ingredient you should look for in cosmetics to help with hydration," says celebrity facialist Joanna Czech. Also, invest in a good eye cream or eye serum. "The eyes and lips are the only areas on our face that do not contain oil glands. Therefore, they are the first areas to show fine lines and wrinkles," says Dakar. "Whether you are 20 or 65 you need an eye cream, as a preventative measure, and to help reduce the appearance of aging," adds the expert behind Gwyneth Paltrow and Drew Barrymore's gorgeous glow. Dakar also recommends using face oils like Organic Omega Booster. "A good face oil is like food for your skin. Our body does not produce Omega 3, 6 and 9 fatty acids, and it's crucial that we take them internally as well as apply it topically," she explains. For those who want to improve skin texture and tighten pores, the celebrity facialist suggests using products like Retinu and Omega Polish and Activator Duo.

Build a nighttime beauty regimen. Want to wake up to a radiant, youthful complexion? Then "never skip your nighttime routine," says Joanna Czech. It's crucial because "your skin is 60% more potent to absorb nutrients at night while you are resting compared to during the day," tells the beauty maven whose clientele includes celebrities like Anna Wintour, Uma Thurman and Kate Winslet. Start with cleansing. "I prefer oil or creme cleansers as they don't strip the skin" off moisture, she says. Next, "use a pH Balancing toner- to keep your skin closest to 5.5 pH. This will allow other products to penetrate and work best," she explains. After applying toner, use serums that target your specific skin conditions like pigmentation, fine lines. etc. Finish with eye cream, moisturizer and lip treatment. "If you have a steady nighttime routine, you need to only rinse the face with water and dry with a washcloth to cleanse," says Czech. Next, apply a toner or Rose mist for balance and hydration. Follow up with an eye cream, SPF moisturizer and lip balm. While applying products, don't forget about your neck, chest and hands – all of which show aging sooner than face. "This is because the lipidic barrier is thinner in those areas than on the face," Czech explains.

Wipe off your makeup. "My #1 non-negotiable tip is to never go to bed without washing your face," says Sonya Dakar. Regularly hitting the bed with your makeup on can lead to collagen breakdown and premature aging of the skin. "As tired as you are a proper PM cleanse is crucial" to remove the makeup, dirt and everything else that's sitting on your skin, she adds. "This will not only work to prevent unnecessary breakouts, blackheads and clogged pores but will allow your products to work better," she explains. If you're too exhausted to wash your face use a no-rinse facial cleanser or face cleansing wipes.

Watch what you eat. "What you put in your body shows up in your skin," says Joanna Czech. Make sure that your diet incorporates foods rich in vitamins, healthy fats, fiber and antioxidants. Salmon, flaxseed and walnuts are an excellent source of omega-3 fatty acids which keep skin hydrated and supple. Meanwhile, antioxidant-rich foods like berries, bell pepper and dark chocolate tackle free radicals and fight off signs of aging. Other than that, seeds and whole grains like buckwheat, pumpkin and chia seeds are also great for your skin. In addition, limit the consumption of processed and sugar-laden foods as they can increase the free-radical damage that makes your skin more prone to premature aging. Smoking and boozing aren't skin-friendly habits either. "The more cigarettes you smoke and the longer you smoke, the more skin wrinkling you're likely to have," notes a Mayo Clinic report. Smoking increases the breakdown of collagen and hampers the flow of oxygen that's necessary to keep skin tissue supple and healthy. While alcohol dehydrates the skin, making it appear dry and dull. Excessive drinking can also cause skin inflammation and premature wrinkling.

Don't skimp on sleep. Getting little shut-eye can wreak havoc on your skin. The skin naturally regenerates itself at night. Thus, pushing back bedtime hampers the process of skin repair. Little shut-eye also accentuates wrinkles and fine lines and makes your skin flaky as well as more susceptible to breakouts. According to a research published in 2013, people who sleep less than seven hours show "increased signs of skin aging and slower recovery from a variety of environmental stressors," like ultraviolet radiation.

Work up a sweat. Regular exercise isn't just great for your physical health it can do wonders for your skin too. A 2014 study found that regular workout keeps the skin radiant and may even reduce the signs of aging among people who start hitting the gym late in life. In addition, keeping stress levels in check is also important. Constant worrying increases the production of cortisol (stress hormone) which contributes to the breakdown of collagen. Unsurprisingly, this makes you appear up to five years older than your chronological age.

Other than that, "there are numerous tools and treatments that prevent skin from aging too quickly, like LED, micro-current, ultrasound, and radio frequency therapies. At home, you can do manual or roller facial massages and use LED masks," Czech suggests. Also, don't forget to exfoliate once a week, notes Dr. Shamban.

"A great skincare routine does not need to have 16 steps or cost \$1000. But it needs to be smart and customized to your skin type and concern. Meaning great ingredients, technology and incorporating the right products just for your skin needs," says Dakar. And lastly, remember that when it comes to effective skincare, consistency is the key!

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