

# Skincare Regimen in Your Forties

Those great beach holidays in your teens are starting to show, with cumulative sun damage in the form of blotchiness and ruddiness. You're also losing elasticity and skin retains less moisture. Certain "youth" hormones, such as oestrogen, progesterone and growth hormone, may cause acne, rosacea and other problems, says Maureen Allem, MD, of Skin Renewal clinics.

## Your Winning Three-Step Plan:

- **Cleanser:** Use a creamy cleanser unless you can tolerate one with a mild AHA or salicylic acid once a day, says Ava T. Shamban, MD, assistant clinical professor of dermatology at the University of California, US. Try **Dermalogica Daily Microfoliant**, R695, with a rice-based powder formula containing enzymes that leave skin smoother and brighter.
- **Moisturiser:** Supplement your moisturiser with serums or lotions containing at least two antioxidants, such as lycopene, green tea or soy, says Shamban. **Garnier Re-Density Nourishing Re-Densifying Day Cream**, R90, has soya nutriptides and fig milk to renew skin's upper layers.
- **Night-time:** Experts recommend using a prescription retinoid or products containing vitamins A, C and E. These reduce brown spots, promote collagen production, thicken the epidermis and can reverse damage. Try **Lancôme Absolue Precious Cells Advanced Regenerating and Replenishing Cream SPF 15**, R1,985, to stimulate skin's stem cells.

## Timeless Treatments

### Oil Riches

Renchia Droganis, aromatherapy expert and founder of Africology, shares her favourite improving oil blends.

#### ● Geranium Oil

**Why:** It's important to maintain the skin's muscle tone and keep it smooth and supple. Geranium slows oxidation – the process of skin cell ageing – and preserves collagen and elastin.

**How to use:** Rather than using heavy serums, rub a few drops in the palms of your hands and smooth over the entire face.

#### ● Neroli Oil

**Why:** Neroli can greatly help to regenerate and revive skin cells. It also helps to repair scar tissue, fight stretchmarks and promote circulation while treating broken capillaries.

**How to use:** Apply a few drops under each eye before your eye cream, morning and night, for a smoother, puff-free complexion.

#### ● Rose Oil

**Why:** Pure rose oil is so soft and gentle, it won't react with anti-ageing skin creams, and it's great for balancing any hormonal changes. Known for its ability to slow the signs of ageing, it also reduces age spots, fine lines and deeper wrinkles.

**How to use:** Combine with face creams, serums or masks two to three times a week, or simply add a few drops to boiling water and use it as a soothing facial steam. *For details, see Shop Guide.*

### The iS Clinical Innovative Facial

Instead of a harsh chemical peel, try this to increase your skin's vitality at any age.

**What is it?** This intensive facial is the ultimate radiance booster for dull skin. Gentle fruit acids, green tea, vitamins and AHAs safely resurface the skin, reduce fine lines and wrinkles, and encourage cell renewal. Therapists use a combination of masks, serums and creams with cinnamon and cool peppermint to revive and brighten the skin tone.

**What does it treat?** This brilliant and affordable facial not only treats sun-damaged or acne-prone skin, it also improves rough texture and hyperpigmentation.

**The benefits:** It gives a pinky glow by dissolving dead skin cells, removing excess oiliness, and firming fine lines and wrinkles.

**The cost:** R595 for 45 to 60 minutes.

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