



- 1)** Two rules are universal among experts: Use a retinoid nightly (the vitamin A derivatives stimulate collagen, fight wrinkles, and halt acne), and wear sunscreen daily. "The only time you don't need sunscreen is when you need a flashlight to see," insists Beverly Hills dermatologist Harold Lancer.
- 2)** Sunblock every morning is critical, and dermatologist Elizabeth Hale says some of the best are in the drugstore aisles. "Look for one with zinc oxide for broad-spectrum sun protection and an SPF of at least 30."
- 3)** According to dermatologist Dr. Patricia Wexler, as soon as you start noticing dark spots from sun damage, which tend to show up in your 20s, it's time for a retinol with vitamin C. "The combination of vitamin A and C will tackle wrinkles and lines, lackluster skin, enlarged pores and pigmentation very effectively," says Wexler, who adds that you don't have to wait for wrinkles to develop to start a retinol regimen.
- 4)** Dendy Engelman advocates for a sonic cleansing brush. "It removes dead skin cells and clears the way for better penetration of your products."
- 5)** To rehydrate the skin and replenish those spaces between the cells, you need a combination of lipids, says Hale. Nourishing your skin via dietary sources such as salmon and other fatty fish is important, but you really need products with moisturizing ingredients like ceramides, shea

butter, and fatty-acid-rich botanical oils, plus potent humectants like hyaluronic acid, which can hold 1,000 times its weight in water.

- 6)** "[In your 50s] Follow your instinct to upgrade to richer products," says New York dermatologist Joshua Zeichner, "and consider layering multiple hydrators," from lightest to heaviest.
- 7)** "The newest products contain ingredients that treat existing spots while also halting tyrosinase, an enzyme that controls melanin production," says cosmetic chemist Ni'kita Wilson. She suggests products with vitamin C for brightening, arbutin and peptides to inhibit tyrosinase, and proxy acid to break up existing melanin.
- 8)** According to Dr. Goesel Anson, Plastic Surgeon and Creator of JuveRest, "sleep wrinkles are the lines that are formed when the face is compressed against a pillow night after night and they occur in predictable locations based on fixed anchor points that hold the skin to bone." The key to preventing them is sleeping on your back, which also has other beauty benefits, like clearer, firmer skin and better back alignment. "They can be treated with wrinkle creams and fillers such as Juvederm and Restylane, but they will likely come back or develop in adjacent areas if you don't address the real problem, which is facial compression."
- 9)** Copper definitely plays an important role in maintaining healthy skin," says dermatologist Joshua Zeichner, director of cosmetic and clinical research at Mount Sinai's Department of Dermatology in New York. "It helps to develop collagen and elastic, which maintain the strength of the skin, and it promotes the production of skin-plumping hyaluronic acid." (Translation: less sagging and fewer lines.) "It also has antibacterial and anti-fungal properties, which help prevent infections," he adds, which is why it has been used in wound care since the 60s (and shows high hopes for acne treatment too).
- 10)** Update your skin-care arsenal with products containing the antioxidant resveratrol. "In theory, it will help your skin over time because it prevents the breakdown of collagen and elastin," says Fredric Brandt, a New York and miami dermatologist, and in turn firms loose skin under the chin and neck.
- 11)** To even out skin tone and brighten a dull texture, look for products with vitamin C, the holy grail for fading brown spots.
- 12)** To tighten slack neck skin, "look for products containing peptides, which can stimulate collagen and elastin synthesis," suggests dermatologist Rachel Nazarian. Another ingredient you want: hyaluronic acid, which boosts moisture and plumps lines.
- 13)** Stock up on moisturizer and hydrating masks: "Long-term dryness can lead to premature aging," says celebrity facialist Joanna Vargas.
- 14)** "To help with under eye bags, cut down on salt, increase water intake and look at whether certain foods—including wheat, dairy and alcohol—may be causing inflammation," says acupuncturist Shellie Goldstein.

15) Did you know that the shadows under your eyes can be more aging than lines and wrinkles? Consider creams and serums that contain brightening extracts like licorice and algae.

16) According to Dr. Heidi Waldorf, the director of laser and cosmetic dermatology at The Mount Sinai Hospital, "Anything that blocks the return of blood flow from legs to the heart will put pressure on veins. Veins are soft structures without the thick muscular walls of arteries and pressure causes them to stretch and expand as the blood backs up and, ultimately, can speed the development of spider and varicose veins. Family history and having risk factors like large pregnancies plays a big role, too, so not everyone who crosses their legs regularly will get varicose veins, but if your parents have them, try to avoid crossing!"

17) The one ingredient everyone can benefit from? Hyaluronic acid, a time-tested moisture binder that smooths wrinkles.

18) Your cheat sheet to layering your skin care: After cleansing, apply eye cream (then avoid the area—layering products can irritate the area's delicate skin), followed by serums (you can layer a couple on top of each to target different skin concerns, but give them each a minute or so to absorb), then moisturizers or light creams, then—for an extra boost of radiance and hydration—oils (some oils feel as light as serums, but their makeup doesn't allow moisturizers to penetrate through them to the skin). The last step in your routine depends on the time of day: In the morning, finish with sunscreen. In the evening, finish with a retinoid.

19) "Anything that stimulates collagen production and evens out your skin is going to help it reflect light," says Dr. Brandt, and the more light, the brighter your glow. Dermatologists suggest retinol or licorice extract to help illuminate skin, and glycolic, lactic, or alphahydroxy acids in at-home peels and microdermabrasion products to slough off dead skin cells "and thicken your collagen layer," says Brandt.