



How To Prevent Aging Skin In Your

Late 20s, 30s, 40s and Beyond...

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- Have you ever noticed how your favorite skin care product suddenly stops working for you at some point?
- Like that one time the cleanser you'd been using for over 10 years suddenly made your skin feel overly dry?
- Yes, it happens—and it's not because the product's manufacturer decided to stop producing quality products.
- Just as our bodies change with age, our skin changes, too.
- Here, we will find out what happens to your skin as you hit a certain decade—and what you can do to take the best possible care of it.





IN YOUR LATE 20S



- Fine lines and wrinkles are not exactly the top concerns of most twenty something gals.
- But if you want to make life easier for the future you, now is the best time to start [a skin care routine](#) that works for you.

Remember: prevention is always better than cure!
- In your 20s, you're still prone to acne breakouts esp. if your have oily or combination skin types.



IN YOUR LATE 20S

- Start with a basic double cleansing and moisturizing routine and build on it by adding some acne-prevention steps.
- And if you haven't already, now is also a good time to start a sunscreen habit.
- It's important to use sunscreen daily to prevent photo aging or the development of fine lines, wrinkles and dark spots induced by the sun's UV rays as well as to prevent skin cancer.





Skin Care Essentials You Should Start Using in Your 20s

1. Cleanser (double cleansing)
2. Moisturizer (gel, lotion, cream)
3. Sunscreen (SPF 50 PA ++++)
4. Acne treatment (optional)





IN YOUR 30s

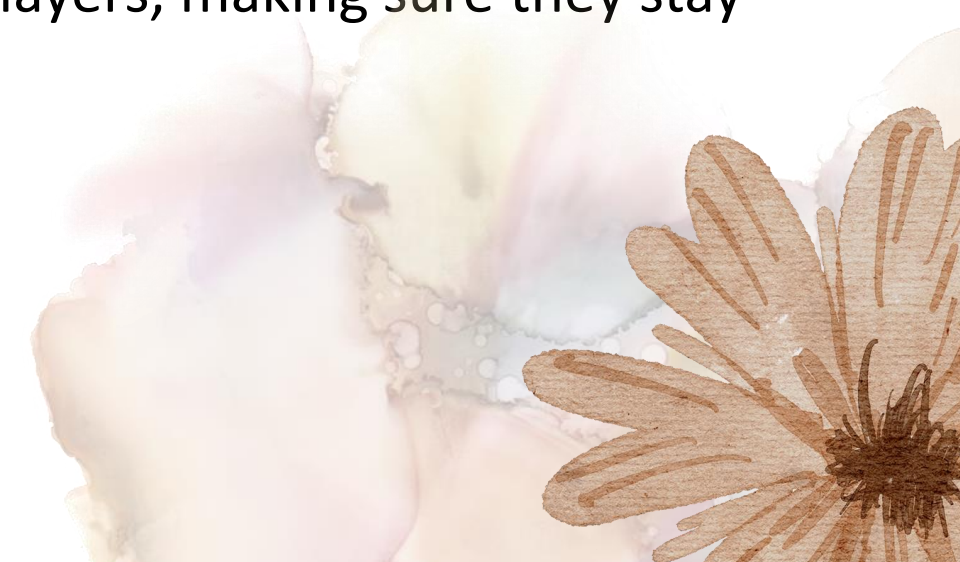
- A hint of crow's feet there, a faint laugh line here and dark spots that seem to spring out of nowhere. Welcome to your 30s!
- For many of us, hitting our 30s means
 - ✓ More responsibilities in our careers and personal lives.
 - ✓ Stress
 - ✓ Major hormonal changes
- But don't fret as there's still plenty of room for you to fight these early signs of aging.





IN YOUR 30S

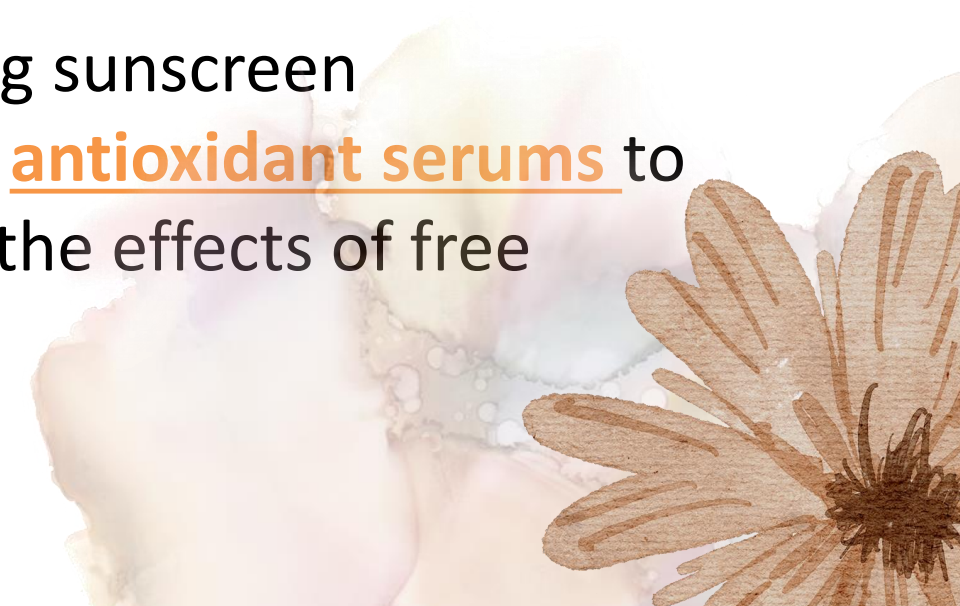
- If you started your skin care routine in your 20s, chances are, you've already mastered your double cleansing, moisturizing and sunscreen routine at this point,
- Add a regular exfoliation to your regimen—twice a week if you have oily skin and once if you have a dry and sensitive skin
- Hydration is also important as hormonal imbalance tends to cause dull and lifeless skin.
- When choosing products, pick ones that contain humectants like glycolic acid, hyaluronic acid, aloe and glycerin. These attract and grab moisture from the air and deliver it to your skin's layers, making sure they stay hydrated.





IN YOUR 30S

- The skin under our eyes is very sensitive and the first area in our face to show noticeable signs of stress and poor skin health.
- As final step, add an eye cream to your routine and choosing one that boosts collagen and elastin production.
- Aside from applying and reapplying sunscreen throughout the day, add a dose of antioxidant serums to your morning regimen to counter the effects of free radicals and sun damage.





Skin Care Essentials You Need in Your 30s

1. Cleanser (double cleansing)
2. Anti oxidant serum
3. Moisturizer (gel, lotion, cream)
4. Sunscreen (SPF 50 PA +++++)
5. Masks and peel (optional)
6. Eye cream (optional)
7. Acne treatment (optional)

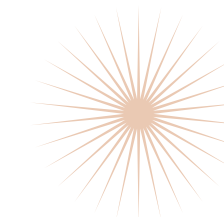




- By the time you hit your 40s is a sure reflection of what your skin care routine had been like in the last couple of decades.
- You start seeing the results of your early preparation (or lack of) and the effects of all the hormonal changes that your body has been going through since your 30s.



- Perhaps the most important thing you can do for your skin at this point is to continue applying sunscreen diligently.
- Sun exposure is one of the top causes of skin damage and aging, so getting ample UV protection is crucial.



IN YOUR 40S



- Now is the best time to slowly introduce a prescription-strength retinoid like **Retin-A** to your regimen.
- “Retin-A stimulates your own collagen in your skin, helps slow down oil production, promotes glowing and even skin tone and also helps with the prevention of skin cancer,”
- However, it’s important to start with a low dose as retinoid products make your skin more sensitive to the sun and may cause minor irritations.



- ‘low and slow’ approach for retinoid use.
- Start with a very small, pea-sized amount on one night, and then wait a few days to evaluate your tolerance.
- If you don’t get a reaction, try using it again.
- However, if the product makes your skin red and flaky, try mixing the retinol formula with your moisturizer.
- Use retinol once or twice a week at first to see how your skin reacts, and gradually work up to every other day or three times a week.

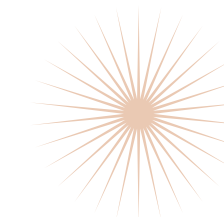
IN YOUR 40S



- As your body's hormone-producing ability slows down, your skin will also be more prone to dullness and flakiness.
- To counter this, dermatologists suggest focusing on hydration.
- Add a hyaluronic acid-based moisturizer to your routine.
- It's a powerful humectant, holding up to 1000 times its own weight in water.



- Increase the use of serums after toners to add extra hydration and consider face masks a few times a week, especially during the dry winters.



IN YOUR 40S





1. Cleanser (double cleansing)
2. Anti oxidant serum
3. Retinol
4. Moisturizer (cream)
5. Eye cream
6. Sunscreen (SPF 50 PA +++))
7. Masks and peel (optional)



Skin Care Essentials You Need to Use In Your 40s





Aesthetics

Skincare

Beauty

- Ah, the joyful age of sagging and thinning skin, hot flashes and accelerated aging. All thanks to this wonderful thing called **menopause**..
- Aside from sagging, dryness is also a common trait of mature skin, so never neglect your skin's hydration. Always choose products that are infused with humectants to keep your skin's water content at a healthy level.



IN YOUR 50S



Aesthetics

Skincare

Beauty

- To prevent rapid skin aging, include a prescription-strength retinoid treatment cream in your nightly routine as this promotes collagen production and cell turnover.
- If your skin is sensitive to retinoid, you can opt for products with hyaluronic or glycolic acid instead. Simply put, in whatever product you choose, always look for two things: **hydration and collagen production!**



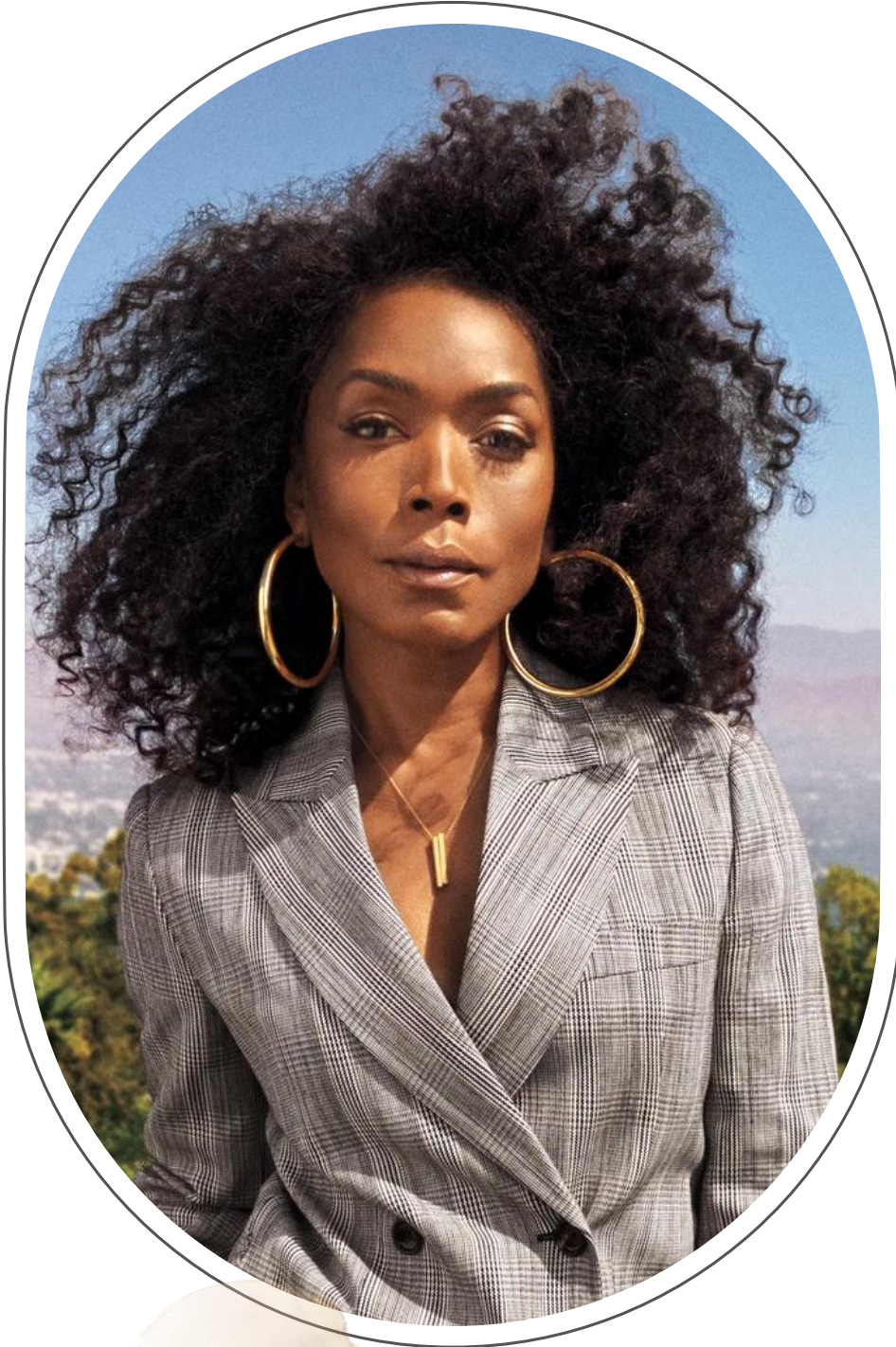
IN YOUR 50S

IN YOUR 60S & BEYOND...

Aesthetics

Skincare

Beauty



- As skin becomes more sensitive at this age, you may need to tone down the “stronger” elements of your routine by **either reducing the frequency or switching out to a gentler substitute.**
- The skin issues you encountered in your 50s—sagging and thinning skin, dryness and dark spots—will continue in your 60s and beyond, so your skin care routine’s focus should also remain the same: **to repair and to hydrate.**



IN YOUR 60S & BEYOND...

Aesthetics

Skincare

Beauty



- “In the 50s, 60s and beyond, the skin naturally has less oil production and can get thinner and duller,” says Dr. O’Connell.
- “In order to brighten up the skin, we need to focus on neovascularization (new blood vessels), neocollagenesis (new collagen) and hydration.”
- To achieve all these results, your best weapon is a hardworking serum that can signal collagen production and prevent further sagging of your skin.
- Add this step to your basic routine and extend its application to your neck and chest.



1. Cleanser (double cleansing)
2. Serum With Age-Delaying Ingredients (HA, vit C, retinol)
3. Retinol With a Lower Concentration
4. Moisturizer (rich cream)
5. Eye cream
6. Sunscreen with age delaying ingredients (SPF 50 PA ++++)
7. Masks and peel (optional)
8. Gentle exfoliating cream (once every 2 weeks)

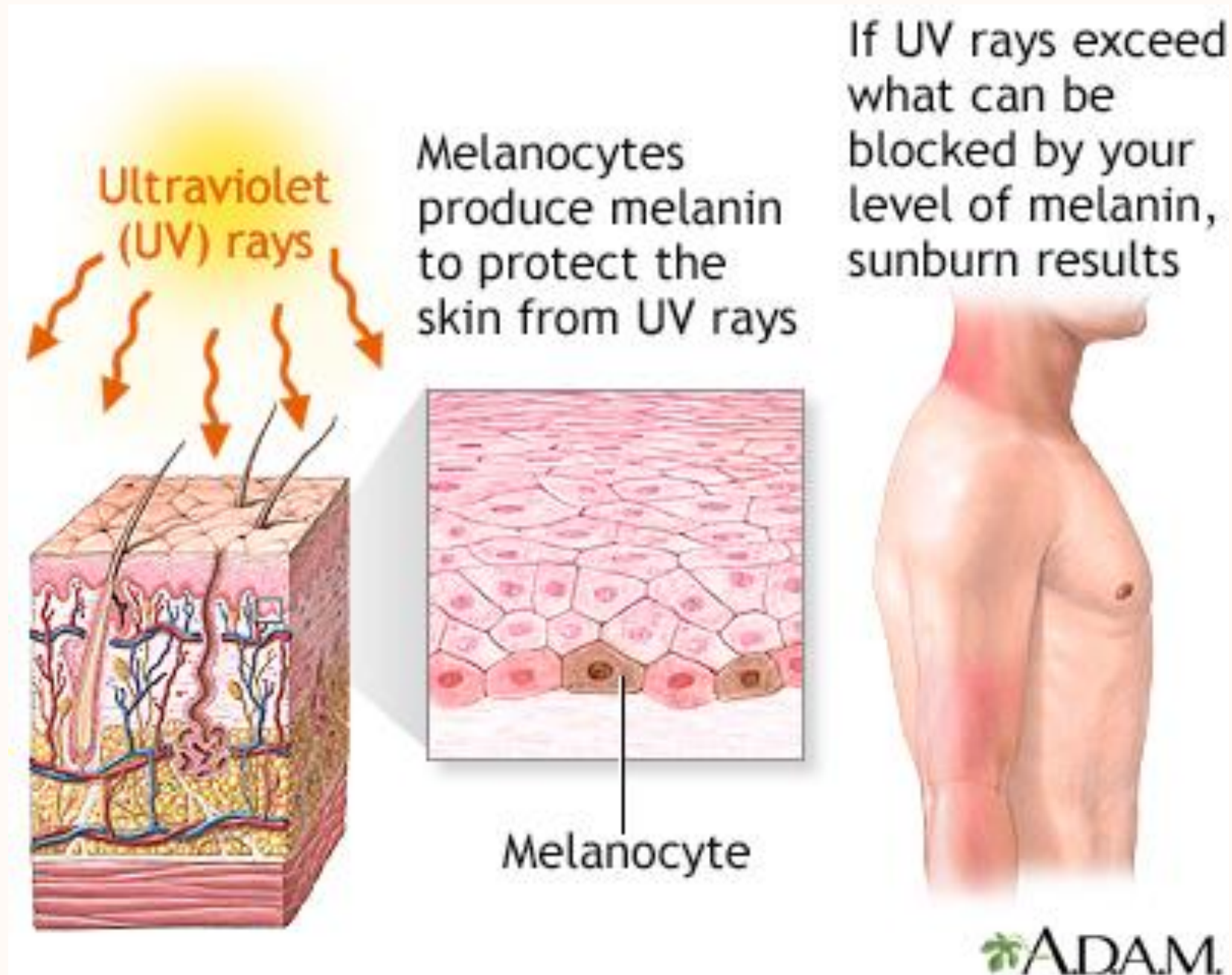


Skin Care Essentials You Should Be Using in Your 50s,60s and beyond..



Sunburn

- A sunburn is reddening of the skin that occurs after you are overexposed to the sun or other ultraviolet light.



Sunburn

PRESENTATION

TEMPLATE

PROJECT



- The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:
 1. Red, tender skin that is warm to the touch
 2. Blisters that develop hours to days later
 3. Severe reactions (sometimes called sun poisoning), including fever, chills, nausea, or rash
 4. Skin peeling on sunburned areas several days after the sunburn.



Sunburn

PRESENTATION

TEMPLATE

PROJECT



- Symptoms of sunburn are usually temporary. But the damage to skin cells is often permanent, which can have serious long-term effects.
- These include skin cancer and early aging of the skin. By the time the skin starts to become painful and red, the damage has been done. Pain is worst between 6 to 48 hours after sun exposure.



Sunburn

PRESENTATION

TEMPLATE

PROJECT



TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6
Very fair, pale white, often freckled	Fair, white skin	Light brown	Moderate brown	Dark brown	Deeply pigmented dark brown to black
Greatest risk of skin cancer	High risk of skin cancer	High risk of skin cancer	At risk of skin cancer	Skin cancers are relatively rare	Skin cancers are relatively rare
Highly sensitive, always burns, never tans	Very sensitive, burns easily, tans minimally	Sensitive, burns moderately, usually tans	Less sensitive, burns minimally, tans well	Minimal sensitivity, Never burns	Minimal sensitivity, never burns



FITZPATRICK SKIN PHOTOTYPE

Classify the skin by its reaction to exposure to sunlight

TYPE I	Pale white skin Blue/green eyes Blonde/red hair	Extremely sensitive skin, always burns, never tans	 
TYPE II	Fair white skin Blue eyes Blonde hair	Very sensitive skin, has freckles and is difficult to tan	 
TYPE III	Light brown/dark white skin Blue/hazel/brown eyes Brown/blonde/dark hair	Sensitive skin, sometimes burns, slowly tans to light brown	 
TYPE IV	Moderate brown skin Brown/dark eyes Brown/dark hair	Mildly sensitive, burns minimally, always tans to moderate brown	 
TYPE V	Dark brown skin Dark eyes Dark hair	Resistant skin, rarely burns, tans well	 
TYPE VI	Dark brown to black skin Dark eyes Dark hair	Very resistant skin, never burns, deeply pigmented	 

* This information is limited to existent research studies.

womenconcepts.com

Images source: arpansa.gov.au

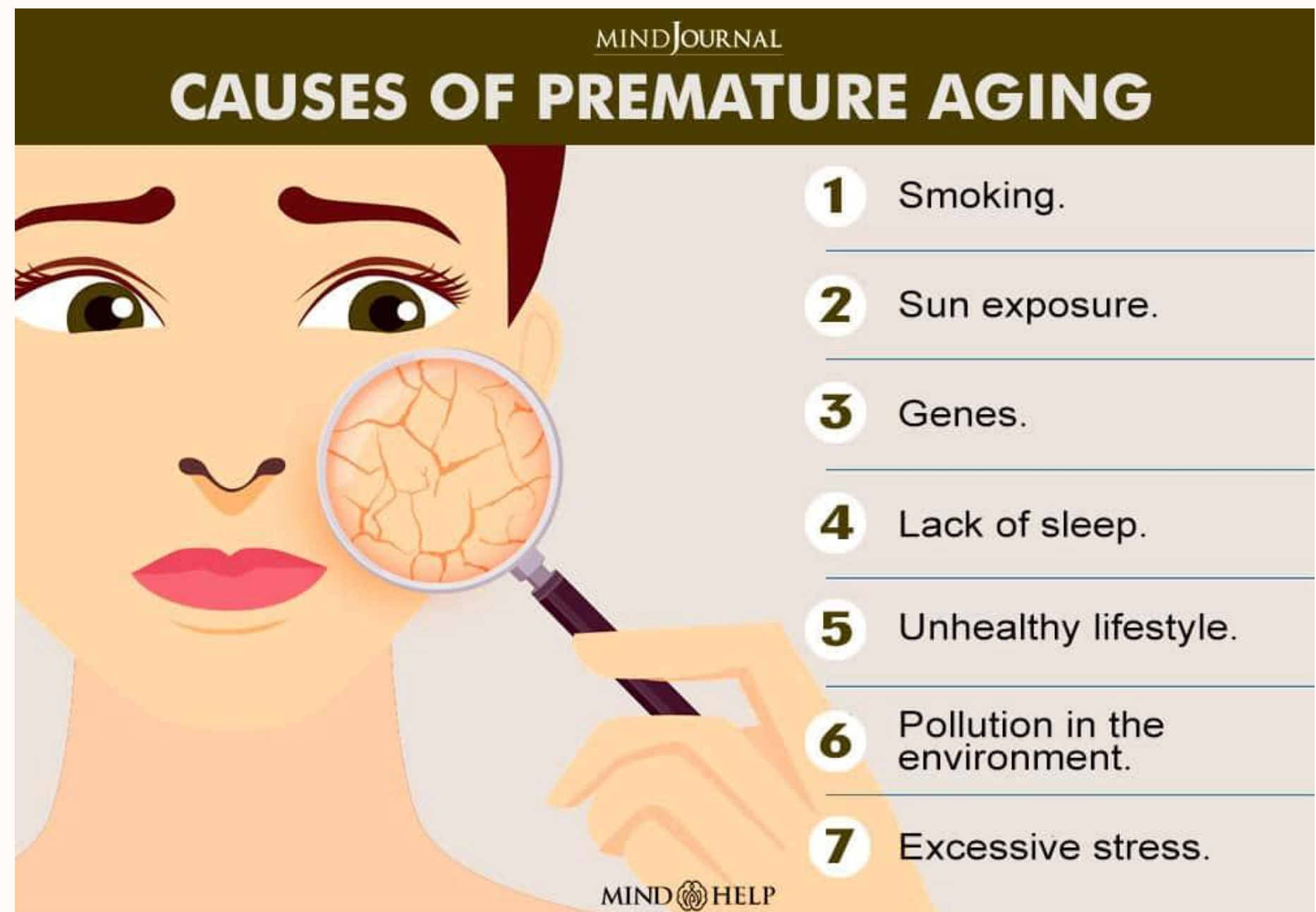


Sign of aging



Sun exposure and repeated sunburns speed the skin's aging process. Skin changes caused by UV light are called photo aging. The results of photo aging include:

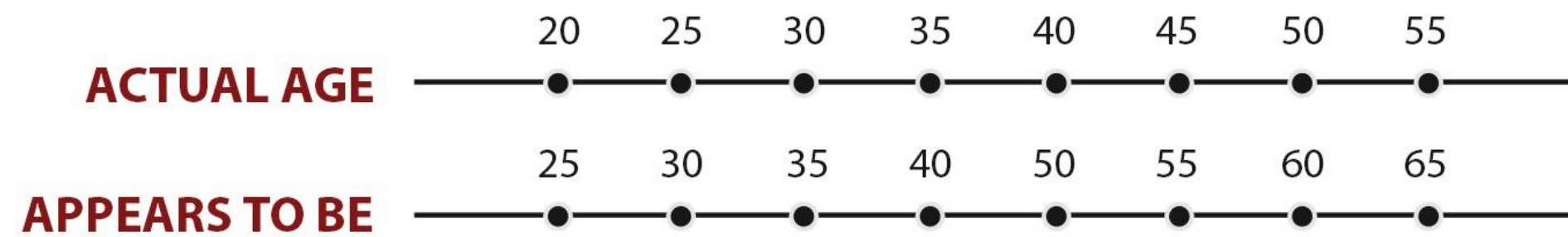
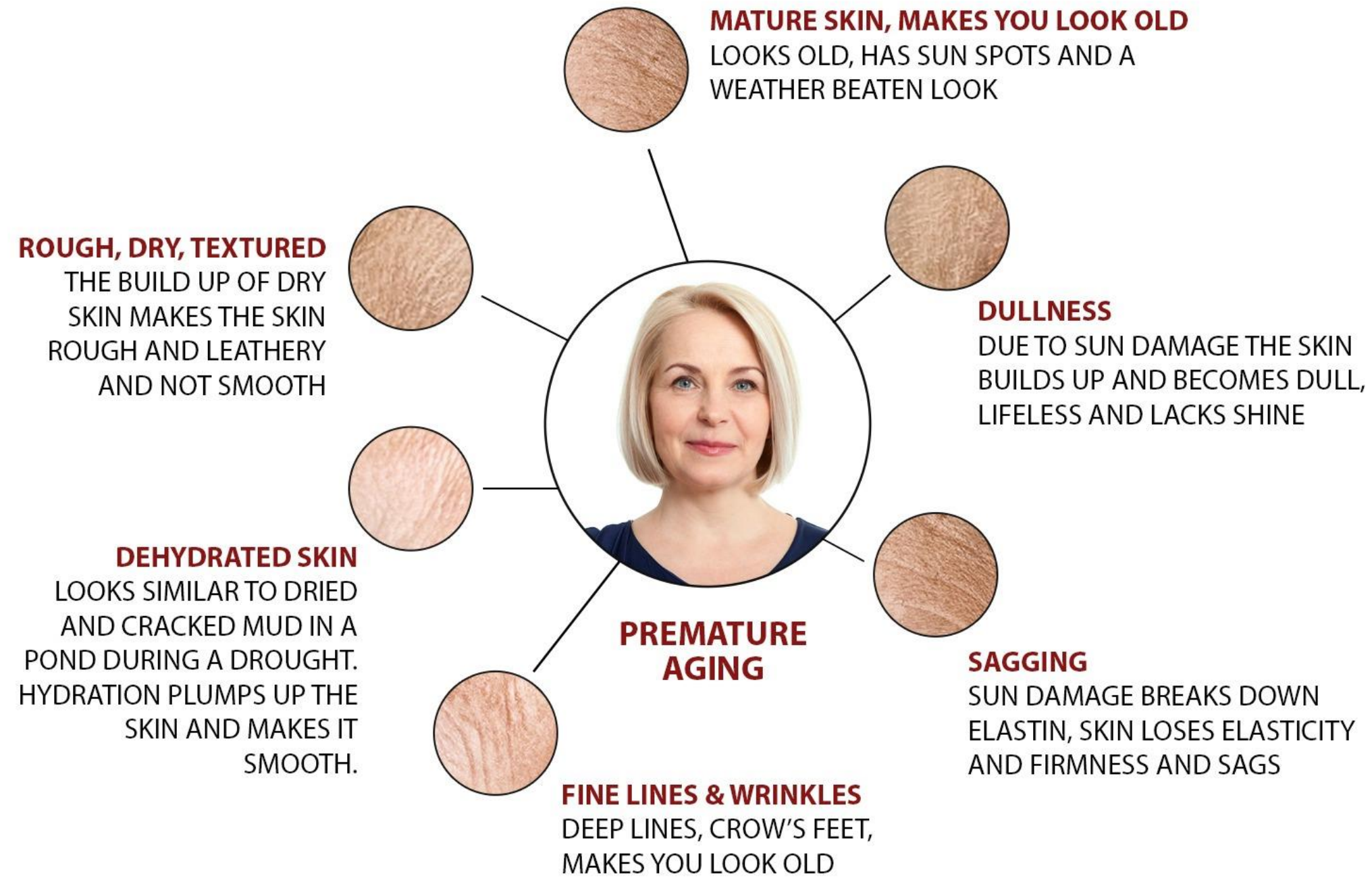
- Weakening of connective tissues, which reduces the skin's strength and elasticity
- Deep wrinkles
- Dry, rough skin
- Fine red veins on the cheeks, nose and ears
- Freckles, mostly on the face and shoulders
- Dark or discolored spots (macules) on the face, back of hands, arms, chest and upper back — also called solar lentigines







SIGNS OF PREMATURE AGING



Sun burn & Sign of aging



Prevention

- Avoid sun exposure between 10 a.m. and 4 p.m.
- Avoid sun tanning and tanning beds.
- Use sunscreen often and generously.
- Protect babies and toddlers.
- Cover up.
- Wear sunglasses when outdoors.
- Be aware of sun-sensitizing medications and cosmetics.



Sun burn & Sign of aging



Try these self-care tips for sunburn relief:

- Take a pain reliever.
- Cool the skin.
- Apply a moisturizer, lotion or gel.
- Drink extra water for a day.
- Leave blisters alone.
- Treat peeling skin gently.
- Take an anti-itch drug
- Apply a soothing medicated cream.
- Treat sunburned eyes.
- Protect yourself from further sun exposure.





Aesthetics

Skincare

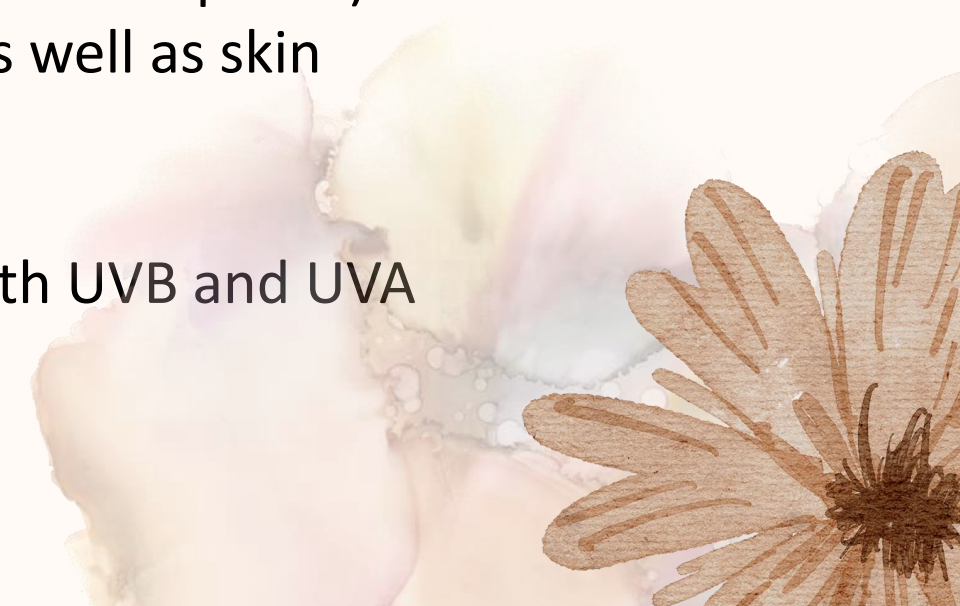
Beauty



Importance of sunscreen

What is SPF?

- Sun protection factor (SPF) represents a sunscreen's ability to protect against a specific portion of ultraviolet (UV) light called UVB.
- UVB rays are responsible for sunburns and skin cancer. There are two other portions of UV light: UVC rays (which don't pass the earth's atmosphere) and UVA rays (which are also responsible for skin cancer as well as skin aging).
- A sunscreen that is broad spectrum will protect against both UVB and UVA rays.





Aesthetics

Skincare

Beauty



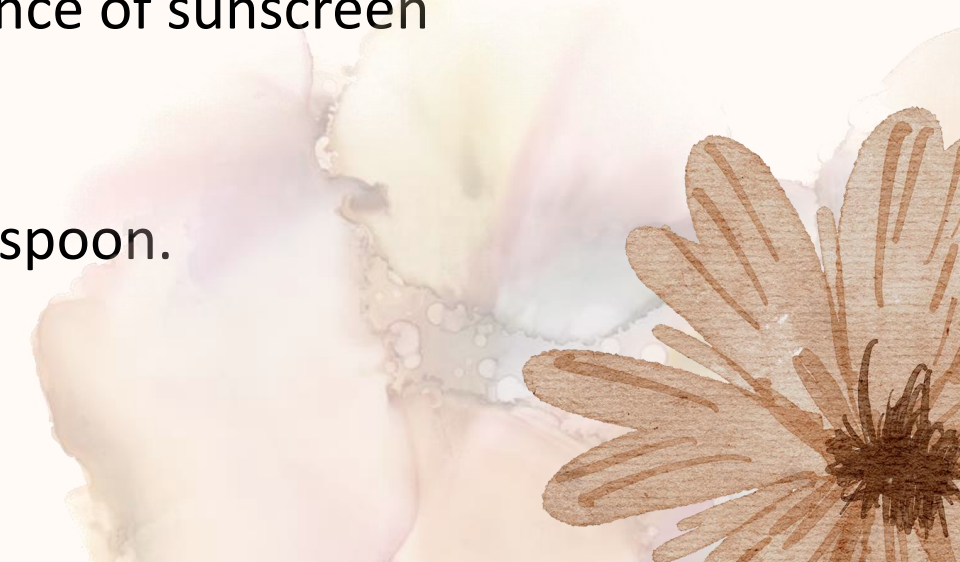
Importance of sunscreen

What sunscreen should I buy?

- For day-to-day use, pick a sunscreen with an SPF of at least 30. If you spend time outdoors, choose a product with **SPF 50 or greater**.

How much sunscreen do I need?

- To protect your face, neck, arms and legs, you'll need about 1 ounce (2 tablespoons) of sunscreen. Squeezed into your hand, 1 ounce of sunscreen is enough to completely cover your palm.
- To protect your face and neck, you'll need about a half teaspoon.





Aesthetics

Skincare

Beauty



Importance of sunscreen

Should sunscreen come before or after other products?

- So long as the sunscreen is at least SPF 30, water-resistant and broad-spectrum, it doesn't matter in what order you apply your skin care products. Some people find it's easiest to work with bare skin — before makeup or moisturizer have been added. Find what works best for your routine.



Advantages of using SUNSCREEN?



Protects from
UV Rays



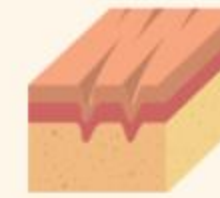
Maintains an even
skin tone



Protects from
tanning & freckles



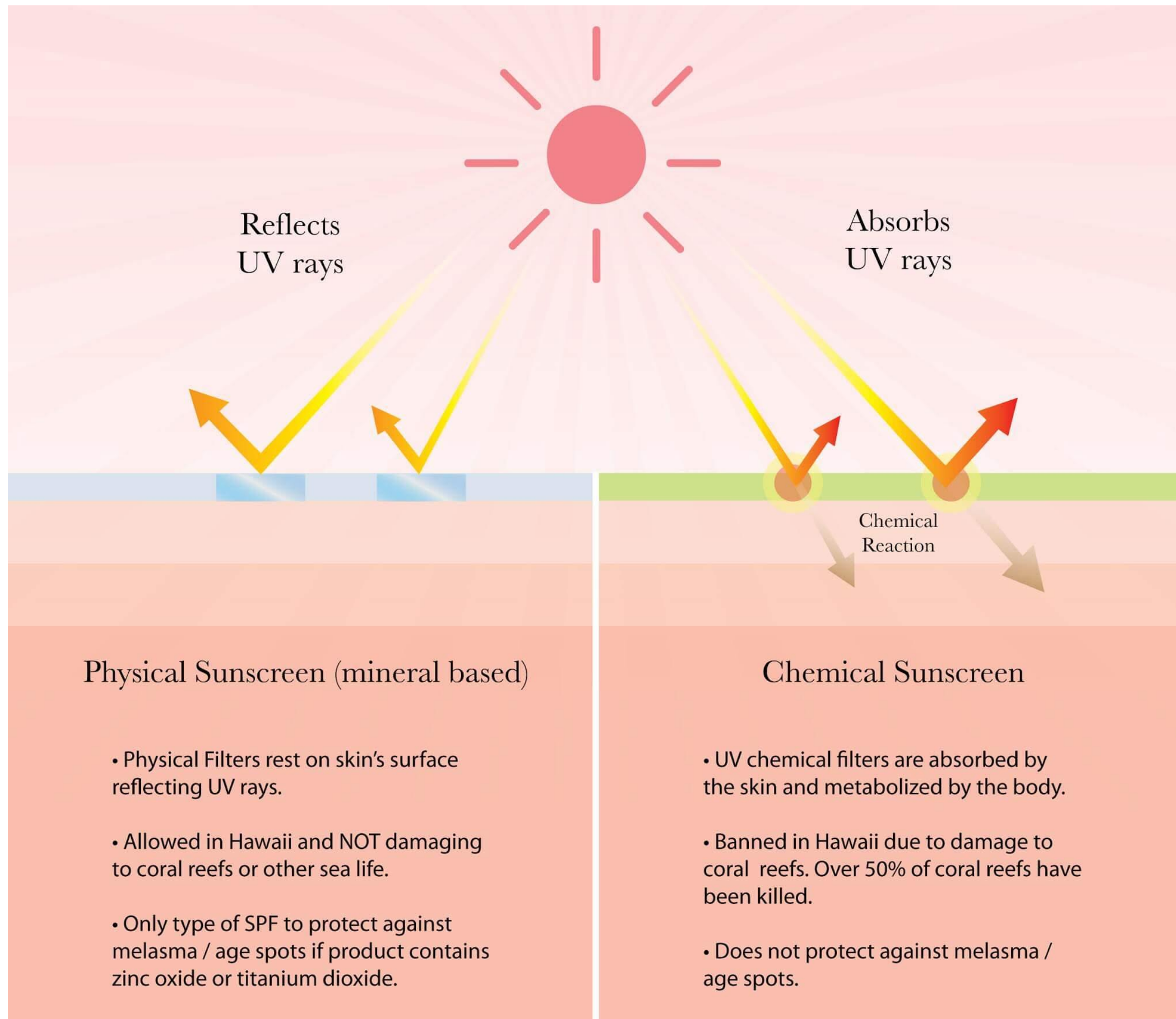
Prevents
premature aging



Lowers the risk of
skin cancer



Protects from Sun
inflammation & burns





Aesthetics

Skincare

Beauty



Importance of sunscreen

Do I really need to reapply sunscreen throughout the day?

Generally, sunscreen should be reapplied every two hours, especially after swimming or sweating.

If you work indoors and sit away from windows, you may not need a second application. Be mindful of how often you step outside, though. Keep a spare bottle of sunscreen at your desk just to be safe. Even a short stroll at lunch could put your skin at risk.

Keep in mind that no sunscreen is perfect. Wear wide-brimmed hats, sunglasses or other protective clothing, and seek shade whenever possible.





Basic guideline

	Vitamin A	Niacinamid	Vitamin C	AHA	BHA	Hyaloronic acid
Vitamin A	✗	✓	✗	✗	✗	✓
Niacinamide	✓	✓	✓	✓	✓	✓
Vitamin C	✗	✓	✗	✗	✗	✓
AHA	✗	✓	✗	✗	✗	✓
BHA	✗	✓	✗	✗	✗	✓
Bezoyl Peroxide	✗	✓	✗	✗	✗	✓
Hyaloronic acid	✓	✓	✓	✓	✓	✓
Peptides	✓	✓	✓	✓	✓	✓
Azelaic acid	✓	✓	✓	✓	✓	✓
Tranexamic acid	✓	✓	✓	✓	✓	✓
Ceramides	✓	✓	✓	✓	✓	✓
Arbutin	✓	✓	✓	✓	✓	✓
Vitamin E	✓	✓	✓	✓	✓	✓

**Skin care
ingredients
combinations
that shouldn't mix**



ACTIVE INGREDIENTS TO MIX

Vitamin C	+	SPF	=	Increased UV ray protection
Glycolic Acid	+	Lactic Acid	=	Enhanced brightening
Vitamin C	+	Bakuchiol	=	Anti-aging and brightening effects
Retinol	+	Hyaluronic Acid	=	Regenerating properties
Salicylic Acid	+	Niacinamide	=	Acne-fighting effects
Vitamin C	+	Vitamin E	=	Boosts collagen
Ceramides	+	Hyaluronic Acid	=	Skin repairing effects



#HEALCLINICAESTHETICS

AESTHETIC FASHION

THE END



THANK YOU

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