

The Best Anti-Aging Beauty Tips for Your 20s, 30s and 40s

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We were recently introduced to Replere by Dr. Debbie Palmer and became hooked on her line's Deep Clean & Clarify Face Wash (\$38). The fragrance and paraben-free face wash is formulated with antioxidants and powerful exfoliating acids, which makes it a great everyday cleanser that is also suitable for all skin types. When it comes to skincare, we tend to either be really carefree or more regimented. We decided to ask Dr. Palmer to give us a few pointers when it comes to addressing the different stages of aging in different time frames of our lives. After all, the word "anti-aging" is a bit intimidating for most and we wanted to start our own game plan. Check out what she had to say about the dos and don'ts of anti-aging in our 20s, 30s and 40s.

In Your 20s



Do

Start to think about anti-aging regimens in your daily routine. Research has shown that collagen and elastin (which gives our skin fullness and elasticity) decrease as early as age 25. Daily use of antioxidants and exfoliating cleansers with glycolic/salicylic/azelaic acids is recommended.

Use a broad spectrum (UVA/UVB) sunscreen daily and remember to reapply every two hours with sun exposure.

Eat right. Consume plenty of fruits and vegetables rich in antioxidants, healthy whole grains, lean protein, healthy fats (avoid trans fats and saturated fats) and water. Avoid processed foods and those high in sugar and sodium.

Don't

Go to bed with makeup on. Start forming good cleansing habits that you can carry with you the rest of your life.

Use the same acne products that you were using in your teens. They can cause the skin to become red, dry and irritated. As your skin ages, find products more suited for adult skin.

Use tanning beds — UVA rays enhance skin aging and skin cancer risk.

Use products containing alcohol, parabens, phthalates, sulfates, synthetic fragrances or synthetic dyes.

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