



Model Maryna Linchuk shows off perfect skin

**20s FIGHT OIL** Hormone levels that begin to rise in the teen years can peak in your 20s, causing increased oil production, breakouts, and enlarged pores, explains David Orentreich, a New York City dermatologist. Conquer the issue with daily exfoliation to loosen dead skin cells and break down the oil that can clog pores, resulting in acne. After cleansing, try Kiehl's Ultra Facial Oil-Free Toner (\$16) to reduce excess shine without drying your skin, then shrink pores with Clinique Pore Refining Solutions Correcting Serum (\$39.50), which is infused with salicylic acid and rosemary extract.

**30s PREVENT WRINKLES** You've probably already started to notice fine lines around your eyes, thanks to your teenage days spent at the beach. To help prevent further signs of aging,

you've got to commit to applying SPF all year round. "Being outside every day adds up," says Orentreich. Use a broad-spectrum sunscreen every morning and a retinol product every night. For an all-in-one formula, try Neutrogena Rapid Wrinkle Repair Day SPF 30 (\$19.99), and firm your eye area with Ole Henriksen Total Truth Eye Crème SPF 15 (\$45), packed with hydrating and brightening ingredients.

**40s REVERSE SUN DAMAGE** "In your 40s, your skin suddenly doesn't have the same radiance, and brown spots start popping through," says David Colbert, a New York City dermatologist. This occurs when melanocytes, the pigment-producing cells found in the epidermis, multiply. The good news? Staying out of the sun will reduce damage, since

"melanin has the ability to change its shade depending on sun exposure," explains Orentreich. Brighten up a dull appearance with Colbert MD Intensify Facial Discs (\$52 for 20), which increase cell turnover and build collagen, and smooth lines with Olay Regenerist Wrinkle Revolution Complex (\$24.99).

**50s STRENGTHEN THIN SKIN** "In this decade, estrogen levels decline, so there's no question skin becomes thinner and drier, and moisture is lost," says Colbert. Combat crinkly, brittle skin with a combination of gentle exfoliation, which brings younger, functioning cells to the surface, and long-lasting hydrating products in the morning and at night. We recommend La Roche-Posay Hydraphase Intense (\$32.50) to lock in water

# SKIN PROBLEMS SOLVED

*Top derms share SOLUTIONS to beat the most common complexion offenders*

for a healthier, plumper epidermis and L'Oréal Paris Age Perfect Hydra-Nutrition Face, Neck & Chest Balm (\$19.99) to increase skin density.

**60+ TIGHTEN UP** At this stage, it's essential to update your skin-care arsenal with products that will restore volume and lift sagginess around the neck and jawline. Also, since mature skin is easily irritated, look for anti-inflammatory botanical ingredients, suggests Orentreich. Lancôme Rénergie Lift Volumetry Neck Cream (\$88) combines silica with yeast, linseed, and moth-bean extracts for immediate firming, and Jurlique Purely Age-Defying Ultra Firm and Lift Cream (\$70) offers a soothing blend of licorice root, black elder flower, and chamomile. **Jessica Prince**



## BAZAAR RECOMMENDS

**20s** Kiehl's Ultra Facial Oil-Free Toner **30s** Neutrogena Rapid Wrinkle Repair Day SPF 30 **40s** Olay Regenerist Wrinkle Revolution Complex **50s** La Roche-Posay Hydraphase Intense **60+** Lancôme Rénergie Lift Volumetry Neck Cream