

# Beautiful AT EVERY AGE



Just as your favourite skirt will not fit 20 years after, beauty regimes need to be refurbished to suit your skin's changing needs

## PROTECT AGAINST PREMATURE AGEING

In your 20s, your skin is supple and radiant. To maintain its condition, simply ensure proper daily cleansing, light moisturising, sun protection and a weekly scrub. "You may also have oily- or acne-prone skin, and be prone to blocked pores, blackheads and whiteheads," says Dr Wong Su-Ni, consultant dermatologist from Dr SN Wong Skin, Hair, Nails & Laser Specialist Clinic. "If you have a lot of blackheads and whiteheads, use a cleanser with exfoliating properties; or glycolic or salicylic acid if you have acne-prone skin." Our growth hormones start depleting when we hit 25; and our skin begin to age faster, so you'll notice some early signs of ageing such as fine lines around the eyes. It's also extremely important to cultivate the habit of wearing sun protection daily to protect skin from damaging UV radiation, and establish a strong skin barrier in order to prevent and delay future skin problems.



# 20s

## REVIVE SKIN RADIANCE AND ELIMINATE LINES

While skin gets less oily, fine lines, acne marks, enlarged pores, and pigmentation such as freckles and dark spots become more apparent. This happens as skin loses its firmness and elasticity, due to a dip in collagen production in your 30s. Prolonged lifestyle habits, like late nights and exposure to external elements such as sun exposure, pollution and air-conditioning, make skin drier and more sensitive too. Advises Dr Ang Por, consultant dermatologist from Dermatology Associates, "Start using anti-ageing products with active ingredients like tretinoin, vitamin C and glycolic acid to combat wrinkles. If you have pigmentation, use lightening creams with hydroquinone, vitamin C or kojic acid."



