

Your Perfect SKIN KIT

As your skin's needs change so should your beauty routine. But there's no need to clear out your bathroom cabinet...just add these anti-ageing essentials to the mix.

20s

Your skin may be glowing now but it's still important to fend off any future damage. Lifestyle factors you can control—such as sun exposure and diet—can cause skin problems that lead to premature ageing.

THE GADGET Clarisonic Mia, \$175; 1300 820 430. "Good skin starts with clean skin," says dermatologist Dr Robb Akridge, who recommends using this brush daily. Why? It employs sonic micro-massage technology that, when combined with your cleanser, gets rid of deep-rooted dirt.

THE CLEANSER Lapurete, \$29.90; lapurete.com.au. Choose a cleanser that removes make-up and everyday grime while protecting and refining the skin. This one contains nourishing Wakame seaweed.

THE SUNSCREEN Clinique Moisture Surge CC Cream, \$45; 1800 556 948. Protecting your skin from sun damage now "will determine the way your skin ages in your 30s and 40s," says dermatologist Dr Natasha Cook, who recommends using an SPF30+ face cream every day.

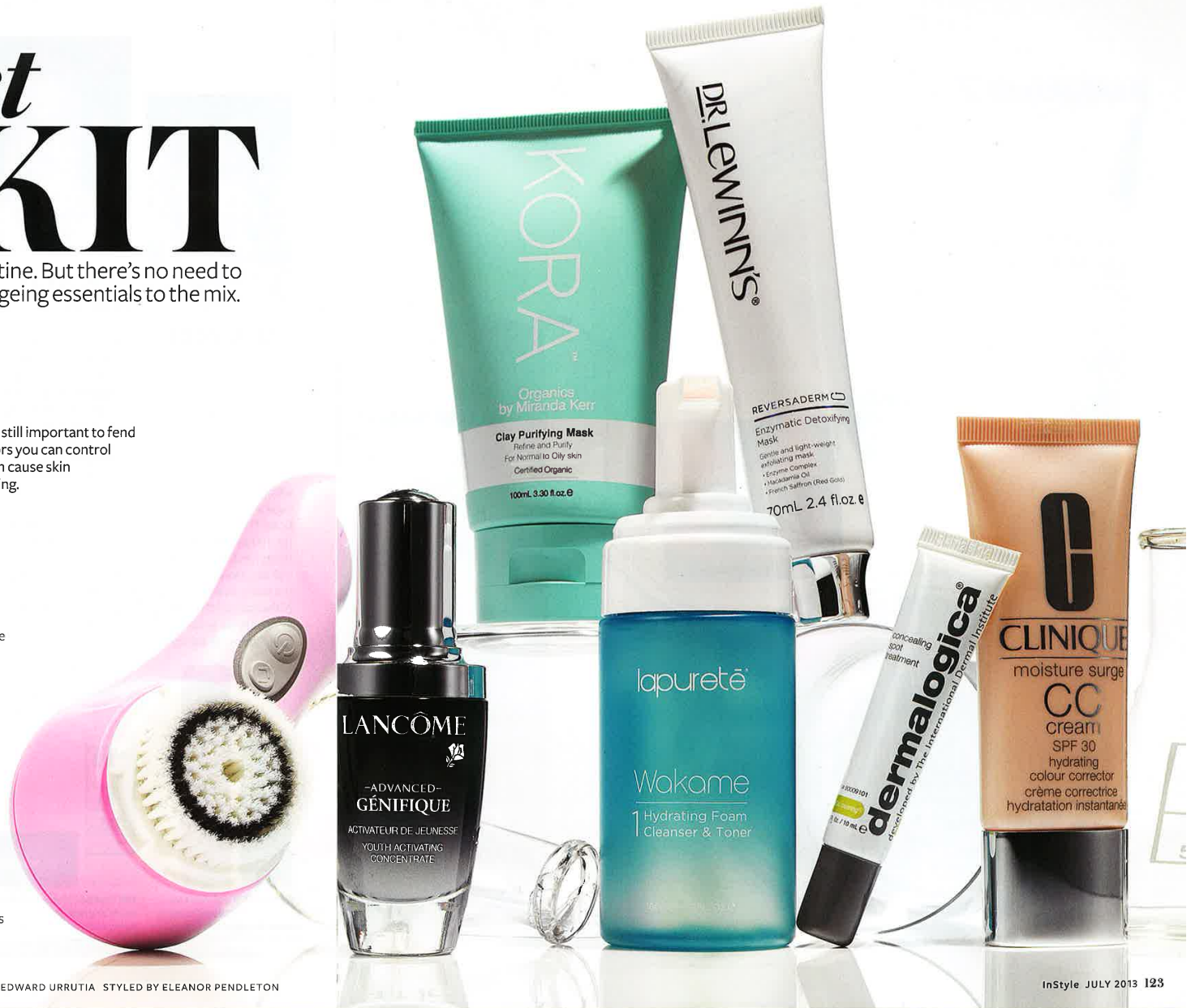
THE SERUM Lancôme Advanced Génifique, \$88; 1300 651 991. Serums are skin boosters that you should start to use under your moisturiser. Opt for a light formulation as younger skin can be prone to clogging.

THE SPOT TREATMENT

Dermalogica Concealing Spot Treatment, \$35; 1800 659 118. You can blame excess sebum and hormonal influences for unexpected pimples. Facialist Jocelyn Petroni suggests investing in a spot treatment that contains sulfur plus caffeine, biotin and salicylic acid to dissolve oil blockage in the pores. This is the perfect two-in-one as it conceals, too.

THE EXFOLIATOR Dr Lewinn's Reversaderm Detoxifying Mask, \$49.95; 1800 630 056. This is an exfoliator but not as you know it. Rather than using a traditional granular-based product, Dr Cook recommends using a fruit enzyme, AHA-rich exfoliator once a week. It will still break down the dead skin but it's less abrasive.

THE MASK Kora Organics Clay Purifying Mask, \$49.95; 02-9979 5672. A clay mask is a must-have if you suffer from regular breakouts. "It soaks up excess oil and deep cleanses," says Petroni, who adds that you should use it twice a week.



30s

Skin is still resilient but this is the decade where wrinkles make their less-than-welcome mark. Stress, whether in your personal or work life, will take its toll and your complexion won't heal as quickly. Now is the time to use effective ingredients that will help minimise the daily turmoil your skin goes through.

THE CLEANSER Bobbi Brown Extra Bright Advanced Foaming Cleanser, \$64; 1800 061 326. Noticing a few brown spots on your face? Pigmentation is a result of bad sun habits. "If you didn't protect your skin in your 20s, you will pay for it now," says dermatologist Dr Natasha Cook. Use cleansers with skin-brightening vitamin C or AHAs and glycolic acid to help fade darker areas. Now's the time to extend your regimen to include your décolletage, too, since this is also prone to signs of ageing.

THE EXFOLIATOR Ella Baché Revealing Fruit Enzyme Exfoliant, \$64; 1800 789 234. Cell turnover is slowing down so you need to step up exfoliation. Ideally, exfoliate once a week with a product containing salicylic acid and fruit enzymes. This fine powder combines both. Using a small amount of water, mix into a paste and work over the face. Allow to dry for a few minutes before rinsing to really shift dead skin.

THE MOISTURISER Pond's Age Miracle Day Cream, \$25.95; at Priceline, 1300 884 411. To help prevent wrinkles, boost moisture and even out skin texture, dermatologist Dr Vincent Giampapa recommends creams with as many anti-ageing ingredients as

possible. Your hit list? Antioxidants, vitamins A, C and E, hyaluronic acid and the all-important SPF. "They will protect and help your skin retain essential moisture."

THE SERUM Prevaqe Anti-Age Intensive Repair Serum, \$250; 1800 015 500. If your moisturiser doesn't contain antioxidants, make sure your serum does. Facialist Jocelyn Petroni says idebenone "is the super antioxidant that blitzes skin stresses that cause free-radical damage—and ageing". This serum also contains peptides, an amino acid that amps up collagen production. Apply day and night under your moisturiser.

THE EYE CREAM Kiehl's Powerful Wrinkle Reducing Eye Cream, \$45; 1300 651 991. Wondering why puffiness and fine lines take longer to diminish at this age? The elasticity support to your lymph glands start to weaken "so the ability to flush out toxins is decreased", says dermatologist Dr Robb Akridge. He suggests using an eye cream with caffeine, ceramides and copper to help smooth crow's-feet and reduce puffiness.

THE TREATMENT Jurlique Purely White Skin Brightening Spot Treatment, \$50; 1800 805 286. Target localised pigmentation, freckles and discoloration with a spot treatment that you literally paint onto the area under your serum. Dab onto affected areas twice a day until you start to see results.



40s

Perimenopause—the beginning of hormonal ups and downs that lead to menopause—means that skin is thinner, drier and less firm. But there are strategies to deal with it.

THE CLEANSER HydroPeptide Cleanse, \$65; 1800 808 993. The anti-ageing peptides make this cleanser a star player. With exfoliating glycolic acid and jojoba beads, it will help to “prevent wrinkle formation and give the skin a hydrating boost”, says skin therapist Christine Snow.

THE SERUM Avon Anew Clinical Line Eraser, \$65; 1800 646 000. Serums are being touted as the wonder product that can correct everything from wrinkles and pigmentation to adult acne. This one contains A-F33—dubbed the miracle molecule—which works by allowing new collagen to be formed in the skin, helping to fade fine lines. Use twice a day under your moisturiser.

THE MOISTURISER La Mer Moisturizing Cream, \$645; 1800 661 392. Yes, it’s an investment but this nutrient-dense cream contains a patented miracle formula that combines skin-loving sea kelp, calcium, magnesium, iron, vitamins C, E and B12 and a range of oils to leave the complexion soft.

THE DAYTIME EYE CREAM Philosophy Miracle Worker Eye Repair, \$60; 1800 812 663. Eye creams restore the skin’s youth-boosting trio of collagen, hyaluronic acid and elastin—and this one ticks all the boxes. With added vitamin C, peptides and botanicals, it revives the elasticity of the delicate eye skin without irritating it.

THE NIGHTTIME EYE TREATMENT Shiseido Bio-Performance Eye Cream, \$80; 1800 225 032. At night, when your skin goes into repair mode, use products that assist with restoration. This treatment contains vitamin A, which can help reduce the appearance of lines.



50s+

Sagging skin and sunken cheeks? This is the time to lift your features and help restore the skin’s density and radiance by using active ingredients.

THE CLEANSER Priori Idebene Facial Cleanser, \$99; 1800 808 993. Creamy formulas are less drying and when combined with potent antioxidants and AHAs, they improve the texture and smooth fine lines.



THE DAYTIME MOISTURISER Chanel Sublimage Le Fluide, \$340; 02-9900 2944. When skin starts to sag, it’s tempting to use a thick moisturiser. But day creams that are too heavy can weigh down the skin and add to the sagging effect. This lightweight moisturiser helps keep skin soft.

THE NIGHTTIME CREAM Olay Regenerist Micro-Sculpting Cream, \$50; 1800 028 280. Go for a richer formula at night. As you’ll be lying down, your skin can handle the extra weight. The amino peptides in this cream boost moisture, helping to plump skin.

THE EYE SERUM Estée Lauder Advanced Night Repair Eye, \$105; 1800 061 326. Over time, damage caused by UV and pollution can lead to a crepe effect around the eyes. Layering a protective, lightweight serum under your eye cream will give the area a much-needed lift.

THE TREATMENT Kiehls Double Strength Deep Wrinkle Filler, \$68; 1300 651 991. Another way to hide and treat wrinkles? Fill them. This pen-like applicator contains hyaluronic acid, polymers, peptides and silica in one product. Use under moisturiser twice a day.