



ANTI-AGEING SKINCARE

The expert guide

The professionals give their advice on what you need to do tonight, tomorrow (and next year) for your best-ever skin. By Sherine Youssef

Dr Sara Mullen, *cosmetic physician at The Victorian Cosmetic Institute*

SPF ASIDE, WHAT SHOULD WOMEN INCORPORATE INTO THEIR REGIMES?

20s: Cleanser and moisturiser are essential.

30s: Start using active skincare to slow down the ageing process – vitamin A stimulates collagen production to help fight off future wrinkles and repairs DNA damage within the cells.

40s: The ageing process starts to manifest with fine lines, pigmentation and dullness. Lactic acid chemically exfoliates and speeds up skin's cell renewal, creating a more radiant texture, improving pigmentation and increasing the amount of hyaluronic acid in the skin, which improves hydration.

50s+: Menopause can make skin extremely dry, so a good moisturiser is essential. Use antioxidants like vitamin C and grape seed extract to eat up the free radicals in skin that cause collagen breakdown.

WHAT ARE SOME COMMON SKIN SINS?

Ageing occurs when cell damage outweighs cell repair, so most "sins" contribute to increasing damage and halting or slowing down repair systems. These include excessive sun exposure, not using a broad spectrum UVA/UVB sunscreen daily, and

smoking. Diet, water intake, exercise and sleep and stress levels are also important.

WHY IS ADEQUATE SLEEP CRITICAL? Poor sleep patterns contribute to an alteration in our hormone profile. When we have a bad night's sleep, our cortisol (stress hormone) levels increase and growth hormone levels decrease – cortisol breaks down skin cells and growth hormone contributes to skin cell repair. Melatonin, the hormone that makes us drowsy and ready for sleep, is also a strong antioxidant able to suppress UV-induced damage to exposed skin cells. Melatonin is elevated throughout the night so when we interfere with our sleep patterns, our levels decrease.

HOW YOUNG IS TOO YOUNG FOR BOTOX? There is no hard evidence that Botox in your 20s is preventative. Botox blocks nerve signals to muscles and relaxes them. Wrinkles lie in the dermis above this muscle, so if the muscle is relaxed then the wrinkle relaxes. However, the wrinkle is still there and will show itself again once the Botox wears off. I recommend starting Botox when wrinkles begin to appear at rest, which usually occurs in your 30s. It is really about appearance, not prevention.

WHAT'S COMING UP IN ANTI-AGEING?

We need to slow down the skin's cell damage and speed up repair so we are

looking at the benefits of growth factors in repairing and regenerating new skin cells. At the Victorian Cosmetic Institute, we've been using platelet-rich plasma [PRP], a concentrate of one's own, platelet-rich blood. Platelet cells synthesise and release growth factors that help repair damaged cells. Blood is withdrawn, the PRP is separated and concentrated, then reinjected into the skin treatment area for clinically proven benefits.



1. Peptide Infused Antioxidant Serum, \$220, by Radical, meccacosmetica.com.au. 2. Night Renew Complex, \$89.95, by Elixia, elixia.com.au. 3. Exfol A Plus Serum, \$118.80, by Aspect Dr, 1800 648 851, combines vitamin A and AHA in one step.

Dr Fredric Brandt, *cosmetic dermatologist*

WHERE DO THE FIRST SIGNS OF AGEING APPEAR?

They usually show up in the form of wrinkles and fine lines on the face, specifically in or around the eye area.

THERE'S A PLETHORA OF PRODUCTS OUT THERE – SERUMS, TONERS AND BOOSTERS – BUT ARE THEY NECESSARY? The key products are overnight retinol serums or creams, antioxidant and anti-inflammatory creams in the morning, as well as sunblock with at least SPF30 UVA/UVB protection.

WHAT'S THE IDEAL ROUTINE AT DIFFERENT STAGES OF LIFE?

20s: This depends on skin type but ideally you should be using a pore-cleaning cleanser with salicylic acid, a daytime serum containing antioxidants such as green tea or maslinic acid, and sunblock with minimum SPF 30 UVA/UVB protection. At night, use a salicylic acid-based cleanser, gel retinol-based serum and an eye cream with antioxidants.

30s: In the morning, use a serum or anti-inflammatory lotion, then a light-textured moisturiser with hyaluronic acid, sunscreen and eye cream with peptides to stimulate collagen production.

40s: Apply a moisturising cleansing bar or liquid moisturising soap, then an antioxidant cream all over the face, followed by an eye cream (formulated with retinoids, or peptides and caffeine)

for wrinkles or puffiness, then a moisturiser and sunblock or BB cream and a neck cream with antioxidants and peptides. At night, use the same cleanser with a retinoid (prescription or over-the-counter) plus lightening agent, followed by a light moisturiser and neck cream.

50s: Follow a similar regimen to that of the 40-something woman. Constantly moisturise with rich emollient face creams that contain not only hyaluronic acid but also ceramides and do a microdermabrasion two times per week.

SHOULD WE BE SWITCHING PRODUCTS REGULARLY? DOES SKIN ADAPT TO CERTAIN PRODUCTS WHICH IN TURN DECREASES THEIR EFFICACY? You don't have to switch products regularly but you can tweak your routine every six to 12 months if a new ingredient comes along that you want to add to your program. Using certain products does not decrease the efficacy – it only decreases the side effects.

WHAT ARE THE LATEST ANTI-AGEING INNOVATIONS THAT YOU'RE EXCITED ABOUT? I am very excited about two new Fraxel treatments we are now offering – Clear + Brilliant laser and Emerge. Both have minimum downtime and, with repeated treatment, improve skin texture. Ulthera is another innovation that tightens the skin, using ultrasound technology.

1. Microdermabrasion Skin Exfoliant, \$112, by Dr Brandt, meccacosmetica.com.au. 2. Regenerist Anti-Ageing Eye Roller, \$32.49, by Olay, olay.com.au, packs peptides, caffeine and antioxidants. 3. Strategie Jeunesse Firming Throat Gel, \$90, by Gatineau, 1800 037 076, has peptides. →





Dr Ava Shamban, dermatologist and author of Heal Your Skin

WHAT ARE A FEW KEY AGEING SIGNS WOMEN CAN EXPECT TO NOTICE?

20s AND 30s: You'll start to see fine lines around the eyes – you can't prevent them but you can buy yourself a few years by limiting sun exposure, applying a broad spectrum SPF of at least 30 and wearing UVA/UVB sunglasses and a wide-brim hat while outside.

30s: You may start to see signs of adult acne, which is caused by a variety of factors such as hormonal fluctuations, pregnancy, health issues and stress.

40s: Skin texture starts to change. Midlife hormonal changes affect the production of collagen and elastin fibres that help give skin strength, elasticity and underlying support.

50s: Your face starts to thin out and move south. With menopause, estrogen levels drop, contributing to the development of fine and deeper lines, caused by motion of the face. Fat pads that once gave your face a youthful roundness begin to thin out and disappear.

WHICH INGREDIENT PRODUCES THE QUICKEST RESULT? Products with hyaluronic acid are fast-acting and have excellent moisturising properties (the molecule attracts water at 1000 times its own weight), helping keep collagen and elastin moist. Retinoids boast the most research regarding their efficacy in reversing pre-cancerous growths, evening out the pigment layer and stimulating collagen production.

HOW ARE NUTRITION AND EXERCISE IMPORTANT FOR BETTER, YOUNGER-LOOKING SKIN?

Eating right and exercising has a direct correlation to how you look and feel. Foods that are high in sugar and fat will increase blood sugar levels. As sugar enters your bloodstream and attaches to the skin and collagen, the body recognises it as damage and tries to discard it, a process that leads to premature ageing. Limit your intake of processed foods, carbohydrates and sugar. Instead, eat lean proteins and antioxidant-rich fresh fruits and vegetables. Regular exercise can do wonders for skin – increased circulation boosts the flow of oxygen on a cellular level, helping skin cell turnover, creating a healthy glow and promoting ideal conditions for collagen and elastin production. It breaks the inflammation cycle, reduces free radical damage and premature ageing, and helps regulate hormones that can lead to adult acne.

THERE IS AN ABUNDANCE OF COSMECEUTICALS, "DOCTOR" BRANDS AND OVER-THE-COUNTER PRODUCTS WITH PRESCRIPTION-STRENGTH ACTIVE INGREDIENTS – ARE WE USING THEM CORRECTLY?

If you have a specific skin concern, a higher concentration of an active ingredient may be the answer but you must do your homework first. Women can fall for pretty packages with eye-catching slogans without reviewing ingredients and seeing if it is a match for their skin type. By doing so, they end up using something incompatible for their skin, which leads to sensitivity.

WHAT HAS YOU EXCITED? Ultherapy can dramatically lift and tighten facial skin while minimising sagging. Fillers and neuromodulators erase deep lines and even stress (recent studies have shown Botox reduces depression levels). Laviv is a breakthrough volumising filler. It is a unique, individualised cellular treatment proven to enhance the overall look of the face, specifically created for each patient by using their own cells.

1. Effaclar Duo, \$25.95, by **La Roche-Posay**, laroche-posay.com.au, helps reduce the number and severity of breakouts and minimise the appearance of pores. 2. Revitalift Laser X3 Serum, \$49.95, by **L'Oréal Paris**, lorealparis.com.au, works on density and contours. 3. Hyaluronic Day Cream, \$28.95, by **Mario Badescu**, kitcosmetics.com.au.

Dr Monisha Gupta, consultant dermatologist at the Skin & Cancer Foundation Australia

WHAT ARE THE MOST COMMON AGEING CONCERNS YOU HEAR?

Apart from wrinkles, dull texture and pigment changes like solar lentigines (liver spots), freckles and seborrheic keratosis [wartlike lesions] are some concerns that can result in a blotchy appearance.

WHICH PROFESSIONAL TREATMENTS SHOULD WOMEN CONSIDER?

20s: Chemical peels and also microdermabrasion.

30s: You might see a blotchy complexion, so IPL and fractionated lasers can help improve the appearance, and Botox will address the earliest creases. Telangiectasia (dilated capillaries) also becomes more noticeable and there are a host of vascular lasers available to address these.

40s: You will see volume loss, so fillers are required in addition to Botox, and fractionated lasers can also be used.

50s+: The biggest trap is having the face of a 25-year-old and the neck and chest of a 55-year-old; rejuvenate the décolletage with lasers and avoid overdoing the fillers.

WHAT'S IN YOUR BATHROOM CABINET?

I look for an effective concentration of alpha and beta hydroxy acids and prescription-strength retinoid, which is more effective than a cosmetic product. I have an array of sunscreens, a tube of glycolic acid cream and a medium strength tretinoin (retinoid). Fat is a filler so putting on a few kilos as you grow older can be the cheapest anti-ageing strategy – after 40, it's face or figure!

WHERE WOULD YOU LIKE TO SEE ANTI-AGEING HEADING?

I hope we see a cultural shift where wrinkles and grey hair are trendy and we no longer hide these. →

1. Results Rx Refine, \$143, by **Cosmedix**, 1800 648 851, has 12 per cent retinol. 2. Age Defence SPF50+, \$45, by **Skinstitut**, skinstitut.com. 3. Correcting Intensive Renewal Glycolic 15, \$139, by **Kerstin Florian**, 02 9477 6900.





Dr Nicholas Perricone, dermatologist

SPF ASIDE, WHAT'S ONE INGREDIENT EVERY WOMAN SHOULD BE USING RIGHT NOW?

I gave a lecture in 1997 on the importance of reducing cellular inflammation to maintain health and restore radiance. The audience was so enthusiastic, they inspired me to create my first product, Face Firming Activator, which contains my patented technology of alpha lipoic acid and dimethylaminoethanol, a combination which reduces swelling, puffiness and blotchiness.

A COMMON ANTI-AGEING SKINCARE MISTAKE? Not properly cleansing the skin and using too many products.

HEALTHWISE, WHAT CAN WE DO FOR BETTER, YOUNGER-LOOKING SKIN?

Avoid pro-inflammatory foods: They promote wrinkles, disease, accelerate ageing, cause body fat storage, loss of radiance, tone and facial contours, under-eye circles, increase puffiness and pore size, and exacerbate acne.

Avoid excessive sun exposure: We need some to absorb vitamin D and keep bones strong and healthy but baking will cause, among other things, loss of elasticity, thinner, translucent-looking skin, broken capillaries and liver spots.

Get a good night's rest: Adequate sleep is vital to avoid eye area puffiness and maintain vibrant skin. Inadequate sleep leads to unwanted weight gain and a craving for fat-laden, carbohydrate-heavy foods.

WHAT'S GOT YOU EXCITED? I'm a huge fan of glutathione, the body's master antioxidant. It's critical in the cell's defence against inflammation-generating free radicals and oxidative stress. A major breakthrough is acyl-glutathione, a recently synthesised molecule that is extremely protective on a cellular level and allows us, for the first time, to incorporate glutathione

Dr Dennis Gross, dermatologist and dermatological surgeon

WHICH KEY ANTI-AGEING INGREDIENTS SHOULD WOMEN BE USING?

20s: Never sleep with your make-up on – it can block pores, leaving oil trapped inside leading to bacterial build-up and breakouts. Try a cleanser with witch-hazel extract, a natural toner with antioxidant and anti-irritant properties, and/or willowherb extract, which has natural antibacterial properties. Products with salicylic, alpha and/or beta hydroxy acids help exfoliate dead skin cells and dirt off the skin's surface, as well as getting beneath the surface to unclog pores and prevent future breakouts.

30s: Antioxidants like vitamins A, C and E, and collagen boosters such as peptides and genistein, a soy-derived ingredient. Antioxidants applied topically as a serum are the most effective means of preventing ageing and treating existing conditions. To promote collagen growth, look for vitamin C and peptides; to protect, use retinol and genistein.

40s: Naturally occurring enzymes that erode collagen become stronger than mechanisms that combat them. To offset the loss in this production, choose products with retinol and genistein to block and diminish collagen-destroying enzymes considerably. Antioxidants such as green tea extract, vitamins C and E, and lycopenes, are also important.

50s+: This age group is prone to redness (due to inflammation, rosacea and/or excessive circulation, and hormonal changes) and irritation. For irritation, look for products that include green tea extract – it soothes skin and studies show it can help prevent skin cancer – and moisturisers with hyaluronic acid. For redness, bisabolol is an effective anti-inflammatory ingredient derived from chamomile which will soothe redness and reduce inflammation. Liquorice root extract and cucumber extract also calm skin.

WHICH INGREDIENTS WORK WELL TOGETHER? Vitamins A, C, and E are the oldest known form of antioxidants and they are highly beneficial when combined.

A QUICK WAY TO LOOK YOUNGER? Close the bathroom door and let steam build up while you shower. Immediately after, moisturise in the steam.

WHAT WOULD WOMEN BE SURPRISED TO LEARN AGES THEM? Reading and working in poorly lit rooms or not wearing the right corrective lenses for vision problems can make you squint, contributing to fine lines and wrinkles around the eyes.

WHAT SKINCARE INNOVATIONS HAVE YOU EXCITED? Our Ferulic Acid & Retinol Brightening Solution tackles all visible signs of ageing; from colour issues, surface imperfections as well as deeper ones, like wrinkles and pores. The key is that these are two naturally derived ingredients – retinol from vitamin A and ferulic acid from artichokes, cherries and fennel.

into a topical formula. Studies show this is extremely protective to fibroblast cells, which are responsible for producing collagen and elastin, and protecting this part of the cell can lead to more youthful looking and healthier skin.

WHAT'S NEXT? Scientific knowledge into complex cell signalling mechanisms and control of gene expression has expanded. I am exploring several approaches utilising cell messengers resulting in synergistic effective agents that use gene expression to turn off the genes that accelerate ageing and turn on those that promote rejuvenation.

1. Advanced Face Firming Activator, \$180, by Perricone MD, meccacosmetica.com.au. 2. CoffeeBerry Natureceuticals Revitalizing Cleanser, \$120, by Priori, spauniverse.com.au. 3. Miracle Worker Miraculous Anti-Aging Moisturizer, \$65, by Philosophy, 1800 812 663, is packed with the antioxidant glutathione.



1. Hydra-Pure Firming Serum, \$132, by Dr Dennis Gross Skincare, meccacosmetica.com.au. 2. Ligne Rose RS2 Care Cream, \$125.50, by Pevonia, pevoniam.com.au, soothes irritated skin with green tea, liquorice and chamomile. 3. Clarifying Treatment Toner, \$28, by Kate Somerville, meccacosmetica.com.au, has witch-hazel. **m**