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HOW TO GET YOUR BEST SKIN YET, ACCORDING TO THESE EXPERTS

TRIED AND TRUE TIPS OF THE TRADE SHARED BY DERMATOLOGISTS THEMSELVES

BY JENNIFER SAUER DEC 4, 2018

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Thanks to a good skin regimen and modern science, the most graceful way to grow older is also the easiest. Yesteryear's tanning oils have been replaced by daily sunscreen, soap and water has been upgraded to multi-step routines, and most beauty enthusiasts know how beneficial drinking plenty of water and getting a full night of sleep is for your skin. Here, *CR* spoke with the experts about the best complexion-saving principles to attain your most beautiful skin yet.

CONSISTENCY

When it comes to applying skincare, regular use is key. Most products take a long time to show their effects and a little patience can go a long way. Dermatologist Dr. Rebecca Kleinerman says: "I tell my patients that it is imperative that one, all makeup is removed from skin before bedtime, two, exfoliation should only be done a couple times a week, and three, wear an antioxidant serum in the morning and moisturizer with at least SPF 30."

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REVALUATION

Everyone's skin is different and will change in texture, luster, and tone over the years. It's important that your routine and products evolve along with your skin. "At any age, you will see better results if you tailor a skincare regimen based on your skin type and concerns rather than simply age," says plastic surgeon Dr. Chaneve Jeanniton. "Antioxidants and retinol are the ultimate multi-taskers and deserve a place in everyone's skin care regimen. Look out for skincare products that also contain antioxidants like vitamin C, vitamin E, CoQ10, and niacinamide to achieve a more youthful glow."

DR. DENNIS GROSS

C+ Collagen Brighten & Firm Vitamin C Serum

Dr. Dennis Gross
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ADDED CARE

Good skin care basics are the cornerstones of improving skin at any age. Recent game-changers including chemical exfoliants, alpha hydroxy acids (AHAs), and peptides resurface skin's appearance. Retin-A and retinol are also integral to combatting fine lines and wrinkles.

"As we age, natural skin cell turnover slows, leading to texture concerns and discoloration," plastic surgeon Dr. Adam R. Kolker tells *CR*. "The use of retinoids is well-backed by clinical studies and the ingredient is appropriate for every skin type. Retinoids combat the effects of aging by regulating skin cell turnover and stimulating collagen and elastin production, which translates to smoother skin with fewer imperfections."

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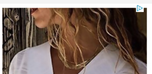

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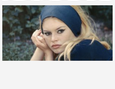
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