

How to Start an Anti Aging Skincare Routine For A 30, 40 and 50 Year Old Woman.

As your skin ages, you may find that your complexion dulls and your skin loses elasticity. You may see fine lines as well as evidence of sun damage. If you haven't started a daily skin care regimen by the time you are in your 30s, there is no better time to start.

Your skin has specific needs once you hit 30, and in order to make sure it keeps looking great into your 60s and 70s, you need to start using certain products now.

Skin for people over age of 40 has different needs than that of 20-year-olds. Because it's less elastic and subject to changing hormones, older skin needs nurturing in order to keep the skin looking even and smooth. Whether you have just turned 40 or are closer to 50, you can restore some youthful glow by changing your skin care routine.

As we age, the effects of smoking, diet and sun exposure become more evident on our skin. After 50, skin begins to lose elasticity and becomes drier. Good skin care slows down our aging process and retains firmness.

Your goals should be to repair and prevent further spotting, redness and dryness. Consistent, routine use of good products is vital to looking your best.

Daily Skincare Regimen for Skin Over 30

1. The most important change you need to make to your daily routine is using a sunblock or moisturizer with at least SPF 15 every day. The SPF will protect and prevent future damage. Even minimal sun exposure can lead to weathered-looking skin or age spots.
2. Later in life. Your daily moisturizer should also contain antioxidants like vitamin C and vitamins A & E, which sometimes is listed as tocopherol. Other beneficial additives include selenium and green tea extracts. "Skin Guru," drinking two to three cups of green tea daily can also help give you the antioxidants your body needs to fight off the effects of aging." Dr. Leslie Baumann, Yahoo! Health's.
3. Wash your face twice daily, once before you go to bed. Use a cleanser, toner and moisturizer. Toner helps to remove dirt and dead skin, and moisturizer helps to replenish moisture and nutrients your cleanser might have stripped away. Some moisturizers also contain anti-aging additives that can help restore elasticity and reduce the look of fine lines. But remember never to wear makeup to bed.
4. Choose an anti-aging skin cleanser that is right for your skin type. If you have sensitive skin, opt for a fragrance-free cleanser. Those with dry skin should use a cleanser without alcohol.
5. When choosing a cleanser, choose one that contains alpha hydroxy. This acid functions as an exfoliator, removing dead skin cells from the surface of your face. Alpha hydroxy may also prompt your body to produce more collagen and elastin which reduces the amount of wrinkles you will develop.
 - a. Read the active ingredient list on name-brand facial cleansers to determine whether they have potential anti-aging or anti-wrinkle capabilities. Citric, malic, glycolic and lactic acids are all types of alpha hydroxy acids that can help reverse the signs of aging.
 - b. Buy an anti-aging cleanser that contains moisturizers as well as exfoliating agents. The right Moisturizer will help your skin it stay healthy looking as you age.
6. Use a small amount of anti-aging cleanser on your face and neck, allowing the lather to remove dirt and oils. Rub it into your skin in small circular motions without scrubbing too roughly. Rinse the cleanser off your face with warm water. Your face should feel smooth. If you still feel residue from the cleanser, use a damp washcloth to remove it.

7. After cleanser apply toner to your face and neck. Apply using small upward motion.
8. Then apply moisturizer with SPF 15 during the day to your face and neck as needed. At night, use a night cream or moisturizer. Make sure that the night cream or serum you are using contains retinol, a form of vitamin A. You may find that you need extra moisture in winter and a lighter moisturizer in summer.
9. Use an exfoliating scrub three to five times per week. This will buff away dead skin cells, smoothing away a dull complexion and giving your skin a youthful appearance.

Daily Skincare Regimen for Skin Over 40

1. Wash your face using a gentle, cleansing formula.
 - a. Dry to normal skin types should use a cream-based cleanser that contains exfoliating beads.
 - b. People with oily skin should use a clear cleansing gel with exfoliating beads.
 - c. Wet your face first. Dampen your washcloth and wring out excess water. Squirt a dime-sized amount of cleanser onto your cloth. Gently rub the cleanser into your face, using smooth, circular motions. Start at the forehead and work all the way down your neck. Avoid getting cleanser in your eyes. And do not scrub your eyelids.
 - d. Rinse the cleanser from your face using warm water.
 - e. Pat--do not rub--your face dry with a clean towel.
2. After washing your face with cleanser apply toner to your face and neck. Apply using toner with small cotton and rub upward.
3. Apply an age-fighting moisturizer to your face. This moisturizer should contain SPF to give skin some protection from the sun.
 - a. Choose an oil-free and fragrance-free moisturizer if you have sensitive skin. Use a dime-sized amount on your face. Avoid getting moisturizer in your eyes.
 - b. Apply moisturizer to your neck by squirting a dime-sized amount in your hand. Apply the moisturizer to your neck and rub upward from your décolletage to your chin. Never rub downward, as this promotes wrinkling.
4. Apply a day cream to your face before putting on your makeup. Wait about 15 minutes before putting on your makeup. This will allow your skin to absorb the day cream. The Day cream should contain a mild alpha-hydroxy, which keeps skin taut and smooth.
5. In the evening, cleanse, tone and apply a night cream to your face after moisturizing. Your night cream should contain peptides that restore and rejuvenate the skin.
6. Exfoliate your face once a week with a micro-dermabrasion treatment. Microdermabrasion kits usually come in two parts.
 - a. The exfoliant sloughs off dead skin to reveal the younger looking skin underneath.
 - b. Then you follow up with the replenishing liquid that's included with your kit.
7. Apply a firming eye cream around your eyes in the evening before bed. Use your ring finger and apply eye cream with soft taps all around your eyes.

Daily Skincare Regimen for Skin Over 50

Four important steps for maintaining good skin are cleansing, toning, exfoliating and moisturizing.

- Smoking prematurely ages skin, so stop.
- Limit exposure to the sun. Blotchy complexions and age spots have been linked to overexposure to the sun. Sun damage also causes wrinkles, so use sunscreen with an SPF of 15 or higher regularly.
- Moisturizing lotion and soap effectively help to soothe dry skin.
- Use cleansers rich in vitamin E and glycerin.
- Exfoliate daily to get rid of dead, dry skin.
- Use facial and body scrubs with exfoliating properties.
- Over-the-counter creams containing Pentapeptides prompt skin cells to produce more collagen (skin firmer).
- Almond, Olive oil and Castor oil are also good moisturizing agents. They can be used at night in place of moisturizing creams.
- Drink lots of water, and eat healthy to aid your body in skin repairs. Water hydrates the skin from the inside out.

Weekly Skincare Requirements

It is recommended by Skincare professionals to use an in-home chemical peel once a week, or every other week if you have sensitive skin. The in-home chemical peel should have glycolic acid, this way it will buff away dull skin and restore a healthy glow.

Retinol is a vitamin complex that is an antioxidant, which means it can undo damage like wrinkles caused by free radicals. Retinol speeds up the turnover of new skin cells. As your skin ages, the dullness it can exhibit is due to the slowing down of your skin cell's turnover. Retinol can help your skin look fresh and younger-looking, so whenever possible buy products which contain retinol.

Quarterly and Yearly Skincare Advice

Visit your dermatologist with each change of season, and get a professional facial and assess your current skin care needs. You may find that you need extra moisture in winter and a lighter moisturizer in summer.

Home Remedies

There are some natural home remedies suitable for maintaining good skin. These treatments can be included as part of your skin-care regimen.

- Take a milk bath to remove dead skin cells.
 - Add one cup powdered whole milk and one tbsp. Grape seed oil well mixed into running bath water. When the bath is ready, add your favorite essential oil.
- Exfoliate dry skin on elbows using a fresh grapefruit.
 - Cut the grapefruit in half, and place underneath elbows for 15 minutes. It helps to lighten dark areas and soften the skin.
- Drinking lemon juice in hot water daily helps to flush out impurities.
- Eating ½ cup of blueberries two to three times per week protects against wrinkles.