

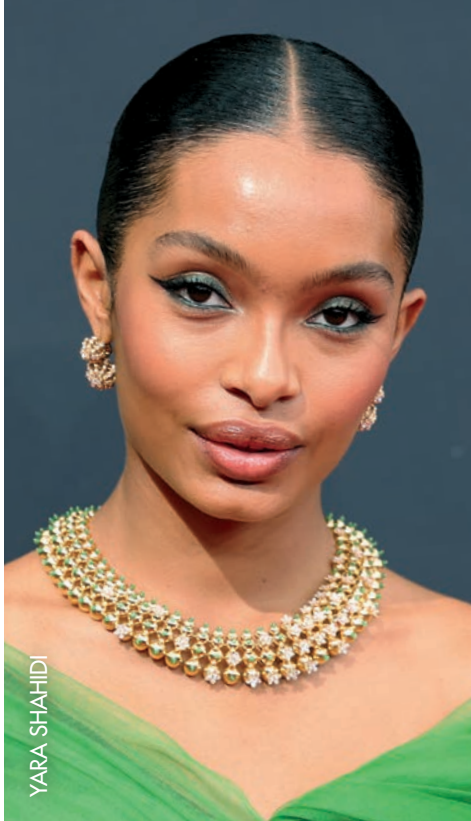
BEAUTY

BEAUTY AT
EVERY AGE

Youth may be a state of mind – but a few well-chosen skin-care products and cosmetic treatments never hurt. Here, we round up the best products, techniques and professional tips to help you meet your goals, from your 20s to your 50s and beyond **By Andrea Karr**



ZENDAYA



YARA SHAHIDI

20s

MOTTO: PRESERVE AND PROTECT



Neutrogena Hydro Boost Night Pressed Serum, \$25, mass-market retailers

SkinCeuticals Silymarin CF, \$190, skinceuticals.ca



Florence by Mills Up in the Clouds Facial Moisturizer With Blue Light Protection, \$25, shoppersdrugmart.ca



TIMOTHEE CHALAMET

If you have acne scarring or large pores, three in-office microneedling treatments spaced six weeks apart will create tiny punctures in the skin's surface and trigger healing. "You know when you see healthy, glowing skin that's smooth and has even colour and texture?" asks Toronto plastic surgeon Dr. Ron Somogyi. "That's what you can achieve when you stimulate the skin to heal itself."

You may even consider a bit of "baby Botox" if you start to notice lines beginning to form on your forehead, between your brows or at the corners of your eyes. This treatment involves injecting low doses of a neuromodulator like Botox, Dysport or Xeomin into facial muscles to "prevent lines from getting deep and etched in overtime," says Dr. Beleznay.



Shiseido Clear Sunscreen Stick SPF50+, \$40, shiseido.ca

Clarins Soothing Gentle Foaming Cleanser, \$38, clarins.ca



SkinMedica Lytera 2.0 Pigment Brightening Serum, \$170, skinmedica.ca



Biologique Recherche U-Fill Pigm 400, \$248/Box of 12, tightclinic.com

CLOCKWISE FROM TOP LEFT: SAMIR HUSSEIN/GETTY IMAGES; RICH FURY/GETTY IMAGES; TIMOTHÉE CHALAMET; JENNIFER LAWRENCE; ARTURO HOLMES/MG21/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES; RICH FURY/GETTY IMAGES



JENNIFER LAWRENCE



SIMU LIU

30s

MOTTO: SEND PIGMENT PACKING

Fast-forward a decade into the realm of celebrities like Jennifer Lawrence, Emma Stone and Simu Liu, and you'll likely notice that your face looks a little less fresh and dewy. Why? Because the turnover of skin cells starts to slow in our 30s, which means fine lines will crop up, as well as dark spots from accumulated sun exposure.

A retinoid-like retinol or tretinoin, which accelerates cellular turnover, can help with most concerns. You may also want to opt for creams that contain hydroquinone or tranexamic acid (also available in prescription pill form) to target pigmentation.

In-office treatments can be effective, too, when done in the fall or winter. Options include everything from chemical peels and light therapies – think intense pulsed light or broad band light – to lasers like Clear + Brilliant, which is beloved by stars like Hilary Duff.

If you're dealing with melasma, which manifests as grey or brown splotches on the skin and is commonly caused by pregnancy hormones or exposure to heat and light, you'll need to be careful. "Darkening of skin on the upper lip is particularly difficult to treat," notes Toronto cosmetic surgeon Dr. Trevor M. Born. "Any type of heat sources like IPL or laser can make it worse." You may need to lighten the melasma first with creams or peels before completing more intensive therapies for sunspots. ▶



EMMA STONE



Ren Skincare Bio Retinoid Youth Serum, \$97, renskincare.com

Vivier Sheer SPF 30 Mineral Tinted, \$48, vivierskin.com

Glow Recipe Guava Vitamin C Dark Spot Serum, \$59, sephora.ca

When you're in your 20s, like actors Yara Shahidi and Timothée Chalamet, your skin is about as plump and smooth as it ever will be. Now is the time to establish a good skin-care regimen to preserve that glow.

Excessive layering can cause irritation, so choose your products wisely. "Prevention is really important at this stage," says Vancouver dermatologist Dr. Katie Beleznay. She recommends daily use of a gentle cleanser, hydrating moisturizer (hyaluronic acid, which attracts and holds water, is often a winning ingredient) and broad-spectrum sunscreen. You may also want to add an antioxidant like vitamin C to reduce the impact of oxidative stress (an imbalance between free radicals and antioxidants in your body) from the sun, blue light, pollution and greasy food.



MINDY KALING



REESE WITHERSPOON

40s

MOTTO: TIGHTEN IT UP



True Botanicals Calm Ginger Turmeric Cleansing Balm, \$64, thedetoxmarket.ca



Reversa Retin[A]list Eye Contour, \$52, reversa.ca

By the time you're in your 40s, as Mindy Kaling and Reese Witherspoon are, you may have started to see some sagging around the jawline and loss of volume around the mouth and eyes. To perk things up, you have two main options.

The first: complete one or more skin-tightening treatments for the face and neck with tech such as Thermage, which is a go-to for Gwyneth Paltrow. It uses radio frequency to "heat the collagen and elastin in the skin to cause it to shrink," says Dr. Somogyi. "In the same way that if you throw a stretched-out cotton T-shirt in the dryer, the fibres get closer together so it's not as loose anymore."

Your second option is to use hyaluronic acid filler to add volume, though it's a mistake to try and combat loose skin by filling it until it's tight. "Fillers have to be done appropriately so the face doesn't look like a blown-up pumpkin," warns Dr. Born. "There are a lot of people who get the cheek filled all the way to their mouth. It's not natural. I see six to 12 people each week where we remove their filler."

Injectable hyaluronic acid may also be used to smooth etched-in lines, like deep grooves between the brows. As with any procedure, it's important to see a practitioner who is well-versed in treating the area, since the muscles between the eyebrows contain higher-risk blood vessels than those in cheeks or lips.

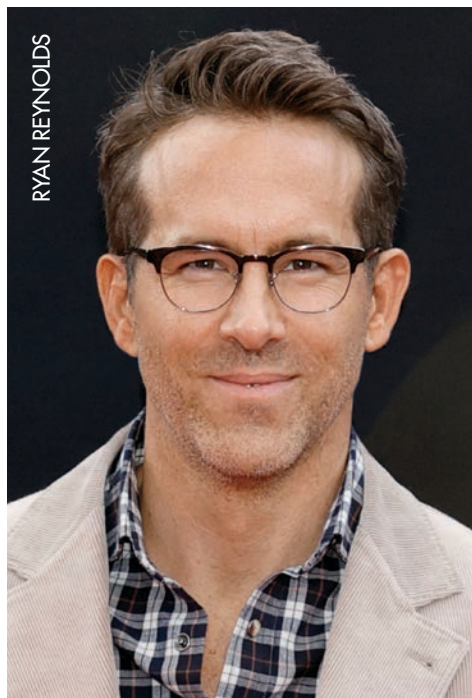
Olay Regenerist Mineral Sunscreen Face Moisturizer With SPF 30, \$45, mass-market retailers



Rodan + Fields Total RF Serum, \$203, rodanandfields.ca



Filorga NCEF-Shot, \$110, filorga.ca



RYAN REYNOLDS

One Love Organics Botanical E Neck & Décolleté Firming Cream, \$74, thedetoxmarket.ca



Saje True Dew Cream Cleanser, \$26, saje.com



Elizabeth Arden Advanced Ceramide Lift and Firm Day Cream, \$106, shoppersdrugmart.ca



SALMA HAYEK



BRAD PITT

50+

MOTTO: RESTORE AND REJUVENATE



Osea Anti-Aging Sea Serum, \$118, thedetoxmarket.ca

L'occitane Immortelle Overnight Reset Oil-in-Serum, \$119, loccitane.com



BareMinerals Ageless Phyto-Retinol Neck Cream, \$68, shoppersdrugmart.ca



Though it may not be noticeable on the faces of Salma Hayek or Brad Pitt, in our 50s, collagen and elastin continue to degrade over time and muscles begin to atrophy. The result is looser skin, hollowing and descent, meaning the face seems to sink.

You can continue with Botox, fillers, tightening and lasers, but if you're really hoping to rewind the clock 10 or 15 years, Dr. Born says a facelift might be the way to go – and the results, while effective, can be more subtle than you think. "We don't just pull things tight," he says. "It's about restoration of the volume loss around the mouth, eyes and forehead, and deep-layer reshaping, to bring the face back to where it needs to be."

As Jane Fonda can attest, since she had a face-lift in her 40s and again in her 70s, the procedure is especially effective for the neck. "If you already have loose skin and muscle, then none of these [injectable and radio frequency] treatments are going to bring that neck back to perfect," says Dr. Born. "That's where surgery wins."

If you're not ready for or interested in a lift, you can still improve overall skin quality in the face, neck, décolleté and hands with rich emollient creams and injections of micro-droplets of hyaluronic acid like Volite or Skinboosters, favoured by Sharon Stone. "They can help the skin look more hydrated, smooth, firm and elastic," says Dr. Beleznay. That's an effect we can all get behind. **H**

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