

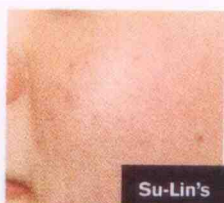
Caring For Your Skin At 25, 30 & 35

Our skin's needs change through different stages of our lives, so how do we adapt? We sent three women of different ages to get their skin and skincare regimes analysed for the good, the bad and the ugly. **Grace Tay** reports



Tan Su-Lin

Age: 25



Su-Lin's acne-prone skin

Her daily routine

A.M. Garnier Skin Naturals Clean and Fresh Complete Cleansing Milk • Olay Beauty Fluid • DiorSnow Pure UV Whitening Control Base SPF 35, and complementary powder product, DiorSnow SPF 25
P.M. Garnier Skin Naturals Clean and Fresh Complete Cleansing Milk • Elizabeth Arden Eight Hour Cream. "I had a really bad acne

breakout once, and just two weeks after I started using this, my acne cleared up," says Su-Lin • Comvita Manukacare 18+, an antibacterial, honey-based ointment which Su-Lin uses on her pimples.

Others Su-Lin does not have facials or other treatments.



The expert says!

Dr Wong Su-Ni, consultant dermatologist at Pacific Specialist Practice:

Use a light hydrator "The skin's oil production peaks in the 20s for many women and more adult women suffer from acne than we'd think. If your T-zone is oily, just moisturise the sides with a light hydrator. The Olay Beauty Fluid seems light enough, without comedogenic ingredients that would aggravate the skin and cause more pore blockages."

Ingredients you need (and don't) "The Elizabeth Arden Eight Hour

Cream is really thick. Women in their 20s don't really need products with paraffin and glycerine, which are more suited to older skin. Instead, try a good night repair cream like Essential Night Repair from Pacific Specialist Practice, which contains Vitamins A, C and E – antioxidants that combat free radical damage and help slow down the ageing process."

Exfoliate! "For Su-Lin's combination, acne-prone skin, I'd recommend a clarifying facial cleanser that contains glycolic acid to unclog pores."

Treat acne While the Manukacare +18 balm is good for cuts and wounds, Dr Wong says a prescription anti-inflammatory gel,

Differin, would be more useful in treating Su-Lin's acne. Used at night, it also regulates oil production and exfoliates skin, unblocking the pores. "There should be marked improvement after six to eight months, and you can stop usage when you pass the acne-prone age."
Other treatments "Monthly microdermabrasion, for six months at least, would help even out Su-Lin's acne scars and improve her skin tone."



RECOMMENDED SKINCARE ADDITIONS

From left: Revitalizing Day Protection SPF 20, Chemical Free Sunblock SPF 15, Light Hydrator, Essential Night Repair, and Clarifying Facial Cleanser The Revitalizing Day Protection SPF 20 is recommended for use in the morning, before

moisturiser. Contains titanium dioxide, which offers UV protection without aggravating breakouts, and oxybenzone and octinoxate for UV-A and UV-B protection. Glycolic acid exfoliates skin, while antioxidant vitamins A and E fight free-radical damage.



Yvonne Tan

Age: 30



Odd spot aside, Yvonne needs to watch for early sagging

The expert says!

Daily sunscreen "We use makeup or moisturisers containing SPF, but what many people don't realise is that they need to use a thick enough layer to get the labelled SPF protection. We often use just a third or half the needed thickness of product, so instead of the SPF15 we think we're getting, we effectively get just SPF5 protection. The 30s are when pigment spots start to appear, and

Her daily routine

A.M. Lancome Gel Clarte Foaming Cleansing Gel, Fresh Complexion ● Neutrogena Moisture ● Bobbi Brown Moisture Rich Foundation SPF 15
P.M. Lancome Foaming Cleansing Gel, Fresh Complexion ● Estee Lauder Clean Finish Conditioning

Lotion. "But I'm very lazy and often skip this," says Yvonne.
Others Waterproof sunblock when she goes swimming ● "My last facial was six months ago. My skin used to be good, so I never really bothered. But now it's not that great," Yvonne admits sheepishly.



What's her skin like under the makeup?

Yvonne has some freckles on her cheeks. She should always use an additional sunblock under her foundation. When swimming, she also has to remember to reapply sunblock each time she comes out of the pool."

Eye care "Yvonne is starting to show a few wrinkles under the eyes, because her skin is starting to lose its elasticity. To reduce these wrinkles, try an eye cream containing vitamin C and green tea extracts and sodium hyaluronate, which will help plump up the skin. Even more potent than a treatment – get enough sleep and don't strain your eyes."

Keep skin firm "At this age, early sagging is seen most noticeably as deepening jowl

lines extending from the nose to around the corners of the mouth. The Neutrogena Moisture Yvonne uses has a light texture, so it's not a problem. The toner, which is alcohol-free and hydrates the skin, looks good, too," says Dr Wong. "Yvonne should start using a night-time moisturiser like the Essential Night Repair, with antioxidant vitamins C and E to slow down skin's ageing."
Additional treatments "Monthly chemical peels will exfoliate dull, dead skin and give you a more radiant complexion. It will also help unblock blackheads and whiteheads."



RECOMMENDED SKINCARE ADDITIONS

From left: Eye Refining Gel, Essential Night Repair, Avene SPF50+ sunblock, and Revitalizing Day Protection SPF 20. The Eye Refining Gel contains Vitamin C, green tea extract, sodium hyaluronate and arnica extract to reduce fine lines, puffiness and dark circles.



Jessica Lim

Age: 35



Fastidiously-maintained skin, but watch for sun damage!

Her daily routine

A.M. Soap-Free Facial Cleanser ● Anti-Bacterial Acne Solution ● Anti-Ageing Firming Formula ● Tinted Sunscreen with UVA/UVB SPF15 Sun Protection ● Pore Corrector Oil Free Lotion ● Drying Lotion for blemishes and to absorb excess oil. All products are Touch

Skin by DermaCare
P.M. Soap-Free Facial Cleanser ● Anti-Bacterial Acne Solution ● Pore Corrector Oil Free Lotion ● Renewal Cream. All products are Touch Skin by DermaCare ● La Mer Eye Cream
Others Jessica faithfully goes for monthly facials.

The expert says!

Day or night? "The anti-ageing firming product Jessica uses in the morning contains vitamin A, which is activated by sunlight and thus becomes less effective during the course of the day. She should use this product at night instead."

Look for active ingredients "The Renewal Cream has moisturising ingredients, but no active ingredients for anti-ageing or firming. Get a product with antioxidants vitamins A, C and E."

Sun protection "Jessica's skin shows signs of sun damage in the form of freckles

and pigment spots. At this age, it's crucial to use a sunblock – after moisturiser – like La Roche-Posay Anthelios XL SPF50+, which is a non-greasy fluid."

Additional treatments "The main ingredient in the Drying Lotion that Jessica now uses is alcohol, which does help dry up acne. But a prescribed anti-blemish treatment like Differin might be more helpful. Monthly Aurora treatments, which combine IPL and Radio Frequency resurfacing, exfoliates, boosts skin collagen production, and reduces skin redness. Freckles will absorb the IPL light and peel off a few days after treatment."

RECOMMENDED SKINCARE ADDITIONS

Essential Night Repair (left) and La Roche-Posay Anthelios XL SPF50+ The La Roche-Posay Anthelios XL SPF50+ fluid contains patented sunscreens Mexoryl SX and Mexoryl XL for optimum UVA protection during sun exposure. Non-comedogenic, and especially suited to sun-reactive skin.

