

FUTURE PROOF

YOUR FACE AND HAIR

Don't wait until it's too late: To fight the signs of aging, it's all about prevention. By Megan Deem

AT HOME Ask any dermatologist and they'll all tell you the number-one thing you need to do for your face is to apply sunscreen daily. "The bare minimum for future-proofing your skin is the consistent use of a sunscreen with a minimum SPF of 30," says Annie Chiu, M.D., a dermatologist in Redondo Beach, California. And even if you have an office job, you need to reapply. "A lot of people think reapplication is only necessary with sweating or sports activity, but the correct way of 'dosing' sunscreen is actually multiple times a day," Chiu says. To make it easy, use a makeup setting spray like Supergoop! x Rebecca Taylor Defense Refresh Setting Mist SPF 50 (\$28) before heading out to lunch.

Adding a layer of antioxidant serum under your SPF "acts like a safety net, helping to trap anything that gets through your sunscreen," says Miami dermatologist Joely Kaufman, M.D. Vitamin C is a great option, though many doctors suggest a cocktail of ingredients, like those in 37 Actives High Performance Anti-Aging & Firming Serum (\$175).

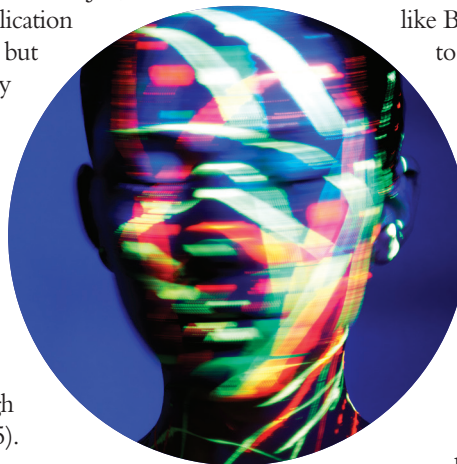
Of course, the nighttime element of your skin-care routine is just as important as the morning one. Retinol "does a great job of building up collagen in the dermis," says Robert Anolik, M.D., a dermatologist in New York. "It also prevents excess pigmentation formation in the epidermis." If retinol is too irritating for you, try bakuchiol, which is perfect for sensitive complexions. "It's a botanical extract that helps activate the same retinoid receptors that retinol binds to," says New York dermatologist Joshua Zeichner, M.D. Find it in Burt's Bees Renewal Intensive Firming Serum (\$19.99).

IN OFFICE "Repetitive movement can lead to dynamic wrinkles, like frown lines between the brows," Chiu says. This is where preventive Botox comes in. It keeps muscles from being overactive and lines from becoming permanent. "Once wrinkles 'etch,' meaning you can see them when your face is relaxed, it's too late for products like Botox to have full benefit," explains Chiu. So when to start? You may want to consider it "if you see the residue of a crease in the minutes after you've been very expressive," says Anolik.

Laser treatments offer the best way to address sun damage before it manifests as dark spots. "For people whose skin looks dull, whose pores aren't as tight as they used to be, or have some broken blood vessels, the Clear + Brilliant fractionated laser is great," says Kaufman. "It takes off that sun-damaged outer layer and allows a new layer to come up." According to Kaufman, improvements are visible after one treatment.

At the first signs of sagging, think about booking a radio frequency or ultrasound skin-tightening session, such as Thermage or Ultherapy. "These target the deeper collagen layers that have a lifting effect," Anolik says. "And because you're not letting this collagen age as it naturally wants to, the rate at which you become more

lax—and the rate and timing of possible future plastic surgery—will slow." In the end, it's all about consistency. "Doing your at-home routine twice a day should be like brushing your teeth," says Macrene Alexiades, M.D., a dermatologist in New York. "And seeing me two or three times a year is similar to visiting the dentist for a deep clean." ■



YOUR SKIN STRATEGY



SUNSCREEN

It doesn't matter if you choose a chemical or a mineral formulation as long as you use it daily. EltaMD UV Clear Broad-Spectrum SPF 46, \$35. Neutrogena Sheer Zinc Face Dry-Touch Sunscreen Broad Spectrum SPF 50, \$12.99.



ANTIOXIDANTS

Vitamin C is potent alone, or mix it with other antioxidants for a broad-spectrum approach. Elizabeth Arden Vitamin C Ceramide Capsules Radiance Renewal Serum, \$84. shopBAZAAR.com. SkinCeuticals C E Ferulic, \$166.



RETINOL

Reduce the appearance of wrinkles with this proven collagen builder. Olay Regenerist Retinol24 Night Serum, \$28.99. L'Oréal Paris Revitalift Ciccream, \$17.99.



THWART THINNING Not only do "older" hair follicles produce strands that are finer, but they also make fewer of them. This can translate into a skinnier ponytail, a wider part, or a more visible scalp. Most doctors suggest a multipronged approach. "I usually give patients vitamins that address hair loss associated with stress or hormonal fluctuations," says Francesca Fusco, M.D., a New York dermatologist. Her go-to: Nutrafol Core for Women (\$88), which contains antioxidants, adaptogens, and botanicals. Day recommends that in tandem with supplements, patients apply a topical 5 percent minoxidil foam daily (available as Women's Rogaine, \$27.49). "In clinical studies, 81 percent of women regrew hair up to 48 percent thicker," she says. "The earlier you start, the better—it's easier to preserve the hair you have than it is to regrow it." Another pro pick: an FDA-cleared at-home laser helmet like Theradome Pro (\$895, *below left*) worn two or three times a week. The light produces cellular energy to help induce growth. (All of these treatments require maintenance.) More aggressive treatments include PRP (platelet-rich plasma) injections for four to six months to stimulate dormant follicles and, in severe cases, a transplant.



GET RID OF GRAY If you're not ready to go silver, prepare for a committed relationship with your colorist. "The average client comes in every four weeks," says Kyle White, a colorist at New York's Oscar Blandi salon. Coarse hair is more difficult to cover, but, paradoxically, dyeing hair can improve the texture. "The chemicals make strands more pliable," explains White. "Clients notice their gray roots getting wiry, and once we touch them up they're more manageable." Highlights are an additional option to consider because they provide a flattering contrast between hair and skin. And because you're investing all that time coloring your hair, ensure lasting results by using a color-safe shampoo and conditioner, such as L'Oréal Paris EverPure Repair & Defend Shampoo and Conditioner (\$7.99 each).



TAME TEXTURE When hair shrinks in diameter and loses pigment, its structure also changes: Hair is both coarser and more fragile. According to Joe Martino, creative director of New York's Orlo Salon, the solution is hydration. "People are afraid to weigh down thin hair with an oil," says Martino. "It's actually the best thing for mature hair." Since the scalp produces less oil, "conditioning strengthens hair and gives it shine." Use a deep-conditioning mask—like Love Beauty and Planet 2 Minute Magic Masque (\$2.49)—weekly, as well as argan oil, such as MoroccanOil Pure Argan Oil (\$52), to tame wiry strands. Work a few drops through dry hair. "Pure argan oil won't weigh down hair—and really does make it look younger." ■



ANTI-AGE YOUR HAIR

IT'S NOT all in your head. If you look at your college graduation pictures and swear that your hair used to be thicker, shinier, and generally more fabulous, you're right. "Genetically we're programmed to have our best hair when we're most fertile," says New York dermatologist Doris Day, M.D. After your mid-20s, hair starts to lose its luster: Strands are thinner, less pigmented, and often coarse. On the bright side, pros say you can slow—and even reverse—some of the signs of aging. Here's how.

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