



20+ Twenties can be a privileged time for many, without serious issues but it is an active decade with lots of potential sun exposure and possible “stress breakouts.”

Tips: This is the time to get good advice and develop good habits to last your lifetime. Get moles checked regularly. Take a UV sun damage photo as a baseline for what is to come. Get Intense Pulsed Light (IPL) for periodic acne breakouts; it cooks bacteria, clears away surface dead cells. Be diligent with sun protection. Mineral makeup and/or sunscreen is great because there is no waiting for it to become operative.

30+ The first signs of sallowness and dullness appear so skin needs a

“wake up call” to clear away dead cells and stimulate the new. Watch for puffiness and redness, fine lines around eyes from sun and stress, Melasma from pregnancy or hormones, and leg veins.

Tips: Treat spots and veins promptly. Mild peels (glycolic, SILKPEEL, etc.) will combat sallowness, brighten and smooth without downside of being side-lined. FRAXEL “Light” is an option, with benefits like FRAXEL only at a lighter setting for quicker healing. Use selected topical retinoids and AHA to exfoliate, encourage cell turnover, and anti-inflammatories to calm puffiness and redness.

40+ Discoloration (hyperpigmentation) and age spots (solar lentigines) will appear. Some general textural changes, crepeyness, etc. Free radicals, sun and hormones have had enough time to do damage. Pre-malignant actinic keratoses

and broken capillaries begin to appear. Undereye darkness and perioral creases develop. Lips show signs of thinning. Some fat loss in central face.

Tips: Q-Switch Laser to remove age spots. Treat actinic keratoses promptly. A variety of medium-to-light peels (TCA, glycolic, Vitalize) and Intense Pulsed Light correct pigment and smooth texture. Fillers to plump lips and creases. Botox prevents further stress between brows, at corners of eyes and lips. Be religious with AHA/retinoids and light moisturizers with vitamin C & B, enzymes, and peptides. MMP inhibitors are useful to brighten, defend and correct. Sunscreen always!

50+ Hormonal levels drop, causing loss of elasticity, firmness and dryness. Skin becomes increasingly vulnerable to sun and stress and requires more care. Overall texture deteriorates. Skin on arms, hands, chest and neck needs rejuvenation.

Tips: Consider FRAXEL fractional resurfacing, Levulan/BLULight for sun damage. Spot Pelleve to tighten and firm eyes, brows, jawline. Hand rejuvenation is popular to eliminate veins, spots and hollows. At home, use growth factors, and super strength anti-oxidants. Sunscreen always!

60+ Oil production drops off dramatically. Low hormone levels cause collagen depletion, fat and bone loss. Hollows form on some faces. Lines deepen. Lips thin. Spots become more pronounced.

Tips: Medium-to-high strength peels & CO2 laser resurfacing to smooth lines. Levulan treatment to reverse sun damage on arms, hands, face and chest. Sculptra to fill hollows. Plump lips. Get a full face Pelleve. Get the vaccine for Shingles. Use rich night-time moisture, repair lotions like Celfix and sunscreens generously.

Great Looking Skin at Any Age

What to Watch for, What to do & When

OUR APPROACH Regardless of your age, an effective rejuvenation plan for your skin begins with a thoughtful consultation about your lifestyle, timeframe and objectives. It includes a carefully monitored, individualized program of in-office procedures to correct problems and reverse damage, followed and enhanced by an at-home maintenance regimen, to defend against sun, environmental stress, hormones, to exfoliate, calm redness, reduce splotchiness, brighten sallowness and to regenerate new healthy tissue. Good skin care is much like good dental care. You will get the best results by keeping regular appointments throughout your life, being diligent with home care daily and attending to problems promptly and conservatively, as they present. The above timeline-by-decade is an approximation of likely scenarios.