

SAVE FACE

The adage "you're only as old as you feel" might ring true for some moms when it comes to our skin since stress and lack of sleep (among other things) accelerate the aging process and, unfortunately, are written all over our faces. From wrinkles to discoloration, skin takes a hit. Fortunately, it's not too late to repair some of the damage. We put in the face time smearing, slathering and dabbing on creams, treatments and masks from some of our favorite Dallas-area beauty gurus and companies to find the best ones to bring back at least some of that youthful glow.



ONE TO TRY:
D'ouvertree // Pumkin
And Enzyme Masque
\$45 // Spa Habitat,
Multiple locations //
spahabitat.com

1

Unveiling Better Skin

According to the experts, weekly masks are a must when it comes to an anti-aging beauty regimen. The boutique brand D'ouvertree, sold at only a handful of natural spas such as Spa Habitat in Dallas and Plano, offers an exfoliating option that combines organic fruit and vegetable oils and enzymes to slough away dead surface cells and reveal a natural glow. Plus, it's gentle enough for expectant moms to use too.



2

PICK A NUMBER

Skipping SPF is a major no-no. "The number one reason why your skin ages prematurely is caused by sunlight, daylight and UV rays," says Dallas-based celebrity esthetician Renee Rouleau, owner and founder of the eponymous skincare line and spa with locations in Dallas and Plano. "Seventy-eight percent of those rays come from accidental exposure — like driving in the car, sitting in your home or office near windows or walking outside on a cloudy day." Her advice? Apply SPF daily (no matter what the weather looks like) in order to prevent wrinkles.

ONE TO TRY: Renee Rouleau // Daily Protection SPF 30, \$37.50 // reneerouleau.com



Smooth Operator

The neck and decolleté are often forgotten when it comes to prevention, but they are the first areas to sag or show other signs of age. Thankfully Highland Park mom and co-founder of Beauty Bioscience Jamie Ollerton created a cocktail of peptides, vitamins, antioxidants and butters that smooth and firm this delicate skin.

ONE TO TRY: Beauty
Bioscience // Daily Contouring
Neck & Decollete Cream,
\$15 // kris.com/shop/beauty-
bioscience/beauty/bb-0117

3

For a Good Night

Collen Rothschild has been part of the anti-aging evolution for more than 20 years (she's the beauty and the brains behind hundreds of wildly acclaimed products nationwide). And in 2013, the Dallas entrepreneur

launched her namesake skincare brand with ingredients that have long-lasting results, like retinol, a skin-smoothing form of vitamin A that helps reverse the signs of sun damage and aging and promises to clear pores and leave skin

ONE TO TRY: Collen Rothschild Beauty // Retinol Treatment Complex, \$52 // collenrothschild.com



LOOK ON THE BRIGHT SIDE

Hormonal fluctuation during pregnancy, sun exposure and natural aging can all cause hyperpigmentation, dark brown patches — usually on the forehead — that make skin look more patchwork-y than even. Fade spots with a science-formulated serum from the Garland company that's recommended by local dermatologists. The treatment helps prevent stubborn discoloration from recurring and is suitable for all ethnicities.

ONE TO TRY: SkinCeuticals // Advanced Pigment Corrector,
\$90 // skinceuticals.com



PHOTO COURTESY OF COLLEN ROTHSCHILD BEAUTY
SKINCEUTICALS