

skin report | age appropriate

If you're in your '40s

40



Remember to apply skin care products below the chin line.

"The neck and décolleté area can start to show their age during this time, so it's important to apply skin care to these areas as well," Engelman says. Try applying **StriVectin TL Advanced Tightening Neck Cream** each night before bed. Not only does it reduce the appearance of fine lines and wrinkles, it also gives skin a firmer look and a more even texture.



Moisturize daily to avoid dullness.

Once you get into your '40s, skipping moisturizer is not an option. Moisturizing daily will help keep skin from looking dull and tired. "Remember, in your '20s you didn't need as much moisturizer, but now you do," Schultz says. Try **Eucerin Q10**

Anti-Wrinkle Sensitive Skin Creme. Not only does it help reduce the appearance of fine lines and wrinkles, it works to firm and moisturize to promote softer, smoother skin. It can be used alone or under makeup.



Exfoliate skin at least once a week.

"Exfoliation is the single-most important home treatment for younger, brighter, more beautiful skin at this age," Schultz says. But, Jaliman warns to pick just one. "Some women in their '40s use sonic cleansing systems and cleansing grains," she said.

"These are great options, but you can't use them together — especially as your skin starts to get drier with age." For a gentle, daily scrub, try the **Garnier Clean + Invigorating Daily Scrub**.

Scrub. This collection contains scrubs for specific skin types to address concerns, plus contains jojoba beads to deeply cleanse and polish.

