

If you're in your '50s



Start using a heavier moisturizer.

"Hormonal changes can lead to dehydrated skin during this time," Engelman says. "Drinking an adequate amount of water per day and constantly moisturizing is extremely important at this age." **CeraVe Moisturizing Cream** contains a patented Multivesicular Emulsion formulation that's slowly released throughout the day to deeply moisturize and nourish the skin.

Firm up and fill sagging areas.

"Every pilot knows that gravity always wins," Schultz says. The best route? Find a board-certified dermatologist near you for fillers.

If that's not in your budget, try

La Roche-Posay Substiane + Anti-Aging Skin Treatment.

This product is best for targeting dryness, sagging facial features and loss of cutaneous substance. It features a unique complex that helps encourage regeneration.



Take vitamins.

"When taken daily, supplements will help to give an extra boost to the quality of the skin," Engelman says. **Nature's Bounty Extra Strength Hair, Skin & Nails supplement** contains hyaluronic acid, antioxidants and vitamins A, C and E to help keep skin looking healthy and fresh.

