

# THE AGE YOU SHOULD START ANTI-AGEING

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*How great is getting carded when you're over 25?*

It's the best. Inconvenient, sure – especially when you're standing at the bottle shop in your Sunday worst without your licence, but we'll take the compliment anyway.

Don't get us wrong, we're all for ageing. The keyword here is *gracefully* – that's how we'd like gravity to take us down, which is why we're big on anti-ageing products in these parts. They're potent, they're expensive and they work – and you can start using them as early as your mid 20s, advises skincare expert [Dr Van Park](#).

“Generally from the age of 20, we experience gradual loss of facial volume and hyaluronic acid, so essentially you want to start anti-ageing between the ages of 25 and 30,” she explains.

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So why not start *even* earlier, you know, give yourself a head start?

Dr. Park warns, “there's such a thing as starting *too* early” particularly when it comes to the hardcore stuff (retinol, chemical peels etc.). “Between the ages of 18 and 25, you must remember that your skin is still getting over those awkward teenage years where acne and pimples are your main concern, so you don't want to risk testing different products that could trigger this again – and it's easy to be lured into products that may be potentially too strong for your skin.”



*"I NEVER RECOMMEND  
APPLYING TOO MANY  
PRODUCTS OR TREATMENTS  
BEFORE THE AGE OF 25."*

- DR. VAN PARK

The anti-ageing loop hole you're looking for is SPF 50+. Wearing sunscreen every single day is still the best preventative measure, says Dr. Park, since the sun's largely responsible for accelerating signs of ageing.

And when you're ready to start anti-ageing, here's what Dr Park recommends looking out for on the ingredient list:

**Hyaluronic Acid** – Helps stabilise and strengthen the skin's natural protective barrier and improve elasticity and hydration – all of which we lose overtime.

Try: Dr Dennis Gross Skincare Hyaluronic Moisture Cushion and By Terry Hyaluronic Hydra Powder (dust this one over makeup for all-day hydration).

**Niacinamide (aka vitamin B3)** – A powerful ingredient that works to rejuvenate skin and help with a number of skin conditions including dryness, pigmentation, uneven skin tone and boost collagen. Best applied after cleansing in the evening.

Try: Ultraceuticals Even Skintone Serum.

**Vitamin C** – Neutralises free radicals to prevent signs of premature ageing, helping to make skin look youthful and bright.

Try: Origins Night-A-Mins Skin Refining Oil.

**Retinol (aka Vitamin A)** – Retinol has a bad rep for making skin extra sensitive to sunlight, but when formulated in low, stabilised quantities, it's great on oily skin, helps combat adult acne and sun damage, increases cellular turnover and boost collagen.

Try: Cosmedix Serum 16 and Dermalogica Age Reversal Eye Complex.

*Tell us, when did you start anti-ageing?*