

Hit rewind & bye, lines

Need an anti-ageing plan? Shift to wrinkle-fighting mode with our foolproof regime

Vitamins, peptides, AHAs, enzymes, retinol... Sound like the NRL banned substance list? If you find anti-ageing skincare confusing, you're forgiven. But if you're ready to tackle your wrinkles, try this simple dermatologist-designed starter plan.

By the time you hit your mid-twenties you might have noticed those cute little crinkles around your eyes. Late twenties? The crinkles are deepening and you've probably got some dark spots popping up, too. Thirties - crinkles are now wrinkles and your pigmentation makes you balk at going make-up free. Sound familiar? It's time to recruit some

grown-up skincare to fight the signs of ageing - and you can do it by adding three simple steps into your regime. "In terms of anti-ageing you need vitamin A, vitamin C and an acid in your cleanser," says Dr Van Park, Sydney cosmetic physician. "They're basic ingredients but if we're talking solid evidence of what's good for skin anti-ageing - they're the big three." Build your routine to a daily face wash with some form of acids, vitamin C serum in the morning and vitamin A serum before bed. This newcomer anti-ageing plan is all about skin renewal and keeping your skin glowing, says Park.



STEP 1 THE WASH

ACIDS

What do acids do? In general – they exfoliate. They'll help unclog pores and even out your skin tone. Use any type of acids in the form of a face wash every morning, says Park. Salicylic, glycolic, lactic, citric – “It doesn't matter – but for acne-prone skin choose salicylic.”

TRY THIS Aspect Purastat 5 Cleanser, \$64, is a softening foam with a gentle exfoliating action from citric and sugar acids.



ROOKIE TIP
Apply serum to freshly cleansed skin, before moisturiser.

SUPER DRY SKIN?

Alternate or layer a serum containing hyaluronic acid, which increases the cells' ability to bind water, holding up to 1000 times its weight in moisture.

Bonus: hyaluronic also plumps skin, making wrinkles appear smoother.



STEP 2 A.M. TREATMENT

VITAMIN C

“Vitamin C is an antioxidant, but also stimulates collagen and plays a role in protecting skin from the sun.” says Park. Use it in the morning, under your sunscreen.

TRY THIS Algenist Genius Ultimate Anti-Aging Vitamin C+ Serum, \$152, has a long-lasting derivative of Vitamin C, 3-O-Ethyl Ascorbic Acid, which penetrates well and helps banish dark spots.

STEP 3 P.M. TREATMENT

VITAMIN A

At night, reverse skin damage with vitamin A (aka retinol or retinoic acid). “Retinol is the cheapest and best ingredient for anti-ageing,” says Park. Cheap = good, because your new regime, while worth investing in, may set you back a bit. Tried it before and your skin didn't like? You can get a retinoid reaction. It's normal in the first couple of weeks. Push through it by building up gradually, says Park.

TRY THIS Medik8 Retinol 10 TR Serum, \$99, has one per cent of pure retinol. Phase it in gradually starting twice a week for the first two weeks, building to every other night for the next two weeks. Let it sink in before layering on your moisturiser. **WH**



ROOKIE TIP

Every anti-ageing regime needs 50+ sunscreen on the frontline. It's the last product to put on after your skin care – before your make-up.