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Holy Grail Skin Care Products For Women Over 50



Each decade requires its own beauty routine, since each new phase sees a change in our skin. This is especially true for when we hit middle age. But navigating what needs to be updated can be hard, which is why we asked dermatologists which are the best skin care products for women over 50.

Each age has its set of needs. During our teenage years, hormones fluctuated and brought on oily skin and pimples. During one's twenties, complexions started evening out, but it became necessary to focus on damage prevention. In one's thirties and forties, stronger anti-aging formulas slowly started making their way onto vanity shelves. And now if you're in your fifties and beyond, you see another big shift in your complexion that is almost akin to being a teen.

Because of the hormone spikes and dips that come with menopause, women's skin changes. It becomes much drier, gets a papery texture, and lines become more noticeable. Sometimes there is dullness and hyper-pigmentation. But luckily for everyone, there is a whole category of skin care products for women over 50.

Some products will look the same as the ones you have been using for the last few decades, but others will get a slight update. For example, with more mature skin, the best skin care for 50-plus women means cutting out the harsh abrasives, fragrances, and strong chemicals. Skin becomes more sensitive with age, so you have to treat it more delicately.

Another thing to keep in mind is that since mature skin is drier and doesn't produce oil like it used to, creams and lotions need to be thicker to keep the complexion well hydrated.

Gentle Cleanser

You need to wash your face each morning, right? So it only makes sense to find a gentle hydrating cleanser that cleanses the skin without leaving a tight feeling. But what kind of ingredients should you look for?

"To promote a hydrated skin barrier, look for ingredients such as ceramides, hyaluronic acid, and skin-softening agents (i.e., caprylic/capric triglycerides)," explains Dr. David Lortscher, board-certified dermatologist and CEO of Curology.

If you struggle with brown spots and redness, then Dr. Lortscher suggests looking for the ingredient "niacinamide."

And for antioxidant protection that promotes cell repair, look for ingredients such as vitamin C or E (which fights sun damage) or green tea extract and resveratrol (which combats free radicals that break down your cells.)

Here are some cleansers to try:

1. Paula's Choice Resist Optimal Results Hydrating Cleanser (for antioxidants)
2. CeraVe Hydrating Cleanser (includes niacinamide)
3. Curology Cleanser (plant sugars and anti-inflammatory oat-extract)

Exfoliating Cleanser

To buff away dead skin cells and get rid of excess dirt, Dr. Lortscher also recommends getting an exfoliating cleanser. Even if you wash your face

twice a day, dirt still gets stuck inside your pores and needs a little extra help to wash away.

"I also recommend incorporating an exfoliating cleanser with an Alpha Hydroxy Acid (AHA), one to two times weekly at bedtime. AHAs are useful in detaching dead skin cells that have stuck together, as well as unclogging pores. They can help reduce hyper-pigmentation and are useful in treating dull, dry and flaky skin," he explains.

But don't use these types of cleansers daily, as they can lead to over-exfoliation and dryness.

Exfoliating cleansers to try:

1. Dr. Dennis Gross Alpha Beta Pore Perfecting Cleansing Gel
2. Skin Medica AHA/BHA Exfoliating Cleanser

Serum

You might have noticed that serums have become a buzz-worthy product in the skincare market over the last few years, but do you know why you should use it?

"A serum is lighter than a lotion or a cream. It's usually liquid and contains more concentrated active ingredients. So while a moisturizer can give your skin the hydration it needs, a serum is typically better for providing treatment benefits, and in my opinion, should be used twice daily," shares June Jacobs, founder and CEO of [Naturally Serious Skincare](#). "If you need additional hydration, a moisturizer can easily be applied over any serum."

Jacobs suggests finding a serum that contains antioxidants, as they help block free radicals from environmental factors like the sun, pollution, and smoke. Antioxidants also prevent signs of aging, so they will take better care of your skin.

"Also consider investing in a product containing hyaluronic acid as it helps skin absorb and hold onto moisture, effectively plumping the skin," Jacobs shares.

Serum to try: June Jacobs Intensive Age Defying Hydrating Serum

Eye Cream

Eye cream is a necessary step in a 50+ skincare routine, and for more reasons than one.

"The eyelid is the thinnest skin on the body, and since it's constantly active, the skin around the eye area is the first to show age," Jacobs explains. "Eye creams are typically designed to be lighter in texture than facial moisturizers. Heavy creams can increase fluid retention and exacerbate eye puffiness. Plus, regular moisturizers don't have specific ingredients that address dark circles by targeting weakened blood vessels."

Jacobs points out that it is useful to differ your eye creams between morning and night. "For your morning eye product, look for a formula that contains ingredients such as calendula extract or rose extract which will act as an anti-inflammatory to decrease under-eye puffiness," Jacobs says. "As for a night time eye product, I seek out products that have more treatment prevention ingredients to target the results I'm looking for. Hyaluronic acid, elastin and collagen are great ingredients to look out for when targeting fine lines and wrinkles under the eye. These will help to maintain skin's natural elasticity by binding the moisture and increasing skin suppleness."

Eye Cream to try: June Jacobs Revitalizing Eye Gel (AM), June Jacobs Cellular Collagen Eye Serum (PM)

Toner

Jacobs believes that a toner is a great skincare staple to incorporate into your daytime and night routine. Some people choose to skip this step because it seems like an add-on luxury, but toner does more than just wipe away the extra dirt your cleanser missed.

"A toner preps your skin to better absorb the ingredients that will follow: serums, moisturizers. Depending on the type of toner, it can be a great delivery system for other potent ingredients that could really deliver results for your skin," Jacobs explains.

Examples are toners that are humectants, which help bind moisture to the skin for dryer skin types; toners with vitamin C to firm, contour and promote collagen stimulation; and a toner which includes ingredients that act as natural antiseptics (peppermint extract, thyme extract) for those with combination or oilier skin.

Toner to try: June Jacobs Elastin Collagen Toner

Retinoids reduce fine lines and wrinkles by increasing the production of collagen, so they're an important part of skincare. "Additional benefits include fading age spots and softening rough patches of skin," Dr. Lortscher

explains.

However, not all retinoids are created equally, so Dr. Lortscher breaks down what to look for.

"Tretinoin is a potent (prescription strength) retinoid and is derived from vitamin A. It is effective in treating and preventing fine wrinkles, stimulating collagen growth, and fighting acne. It encourages the growth of healthy new cells while repairing previous damage," he says.

"Niacinamide: a form of vitamin B3, is a powerful antioxidant and exhibits anti-inflammatory properties. It helps prevent brown hyper-pigmentation from forming within the top layers of the skin. It may also help reduce fine lines, decrease redness/blotchiness, and improve skin elasticity."

Retinol

Retinol is just a specific type of retinoid, and it's a weaker form. Retinoids refer to prescription-level drugs like tretinoin, but retinol is over the counter.

"Retinol is a weaker, over-the-counter version of tretinoin, a prescription vitamin A derivative that is highly effective in reversing sun damage and signs of aging," says Dr. Gretchen Frieling, a board-certified Boston area dermatopathologist.

But there is a specific time that you can use retinol. "Retinol should not be used as a daytime product. Like tretinoin, retinol encourages skin cell turnover; this new skin is delicate and should not be exposed to the sun. That is why these ingredients should only be found in products intended for night use."

Retinol products to try:

1. Kate Somerville +Retinol Vitamin C Moisturizer
2. Neutrogena Rapid Wrinkle Repair Serum

Vitamin C

Dermatologists suggest incorporating vitamin C into your routine in the morning before applying sunscreen. And there is a reason for that. "Vitamin C is a potent antioxidant, protecting skin from visible impacts of pollution. It also stimulates collagen production, repairs fine lines, and inhibits melanin formation, so it may be useful in treating hyper-pigmentation," Dr. Lortscher shares.

When you think of citrus fruits, you think of acid. And Vitamin C serums are indeed acidic. This is helpful because the vitamin helps to slough away the dead skin cells on your face. Since it's so acidic, the skin is triggered to "heal" itself after contact and regenerates new cells. This gives you a healthier, younger complexion.

Vitamin C to try:

1. Mad Hippie Vitamin C serum
2. Topix Citrix Vitamin C Pro-Collagen Brightening Serum

3. No7 Youthful Vitamin C Fresh Radiance Essence
Sun Protection

UV damage from the sun is a major factor in skin aging, so you need sun protection even during cloudy or cold days. But there is a lot to consider when choosing the perfect formula.

"Studies show that good protection comes from using a separate sunscreen, rather than a moisturizer or makeup containing SPF. Choosing a product that is well-suited to mature skin can be difficult. Some types of sunscreen can leave behind an ashy white cast or migrate into fine lines, while formulas targeted at oily or acne-prone skin may not feel nourishing enough on mature skin in which sebum production typically slows down," explains [Dr. Sheel Desai Solomon, a board-certified Raleigh-Durham, N.C., dermatologist.](#)

"Pairing sunscreen with antioxidants such as vitamin C and vitamin E provides better, more active protection against the environment, and a minimum of SPF 50 for mature skin."

Sunscreen to try:

1. Eucerin Sun Face Cream Sensitive Protect SPF50 (for dry skin)
 2. SkinCeuticals Ultra Facial UV Defense SPF 50
 3. Heliocare 360 Color Gel Oil Free SPF (for menopausal breakouts)
- Richer Moisturizers

As we age, our skin becomes drier, which requires a heavier moisturizer.

"As your skin begins to produce less oil and there is a breakdown of elastic and collagen fibers, the skin becomes drier and thinner with more

laxity. Generally, this means a proper skincare regimen needs to include products that strengthen and thicken the dermis, provide moisture retention and barrier renewal, yet are not too harsh or abrasive," Dr. Solomon explains.

This means you need to get thicker, richer moisturizers than you used to wear. But don't worry; they won't leave your face looking oily because your skin is now naturally drier and will soak it in.

Rich moisturizers to try:

1. OLAY Regenerist Micro-Sculpting Cream Fragrance-Free
2. Neutrogena Hydro Boost Hyaluronic Acid Hydrating Face Moisturizer Gel-Cream to Hydrate and Smooth Extra-Dry Skin
3. RoC Deep Wrinkle Night Cream

Facial Mists

Facial mists might just seem like an unnecessary part of a beauty routine, but they actually pack quite the punch. But it all depends on what kind of ingredients are inside the mists.

"Face mists are a quite underrated product in the world of skin care. While many of us assume a face mist is just overpriced scented water, it's actually much more than that. The versatile beauty essential fights dryness, brightens dull complexions, and revitalizes tired skin," Jacobs explains.

"For anti-aging benefits, look for mists that have neroli oil which is known for its ability to provide skin revitalizing and rejuvenating benefits. Facial sprays that contain antioxidant ingredients like tea extracts, pomegranate extract, and grapeseed extract are also great options that combat the visible signs of premature aging," Jacobs says.

Mist to try: June Jacobs Neroli Hydrating Mist

Body Exfoliator

While we often focus on our faces when we think of a beauty arsenal, the rest of the body needs some TLC, too. That's where body exfoliators come in.

"Exfoliation is a must as we age. The outer layer is a roof of dead skin, and it thickens as you age, so you need to exfoliate to see more of the fresh, dewy complexion. Our skin sheds cells like crazy, but sadly, they don't just dissipate into the ether," Dr. Frieling shares.

You should exfoliate both your body and your face weekly, more often if

your skin gets dry, itchy, and flaky. "Be sure to use a dry brush to exfoliate before you shower because moisturizer goes on much more smoothly if the skin is exfoliated. Regular exfoliation also allows skin care products to penetrate skin better and provide superior results," Dr. Frieling says.

Exfoliator to try: Herbivore Botanicals Coco Rose Coconut Oil Body Polish

Mature skin tends to be drier, so you need to focus on creating a moisture-locking barrier over your complexion.

"A good rule of thumb is to look for products that contain hyaluronic acid which is 'a hero ingredient' for mature skin," Dr. Frieling shares. "Many patients with mature skin complain about itching or irritation which is a sign that your skin barrier is compromised. Look for moisturizers that contain ceramides, which are lipids that work to repair and protect the skin barrier."

Hyaluronic acid is a property that naturally attracts water, so it will hydrate your skin without making it look oily. This, in turn, will make your skin look supple, healthy, and glowing. It's a hero indeed.

Hyaluronic Acid cream to try: Peter Thomas Roth Water Drench Hyaluronic Acid Cloud Cream

Cut Out Sugar

While this isn't necessarily a product recommendation, it's an important part of skincare. And that's cutting out sugar. "Research has shown that a diet high in sugar can damage elastin and collagen molecules in the skin, leading to wrinkles and sagging skin, which has been referred to as 'sugar sag,'" Dr. Lortscher explains.

"It can also aggravate acne, as consumption stimulates insulin production, ultimately leading to increased oil (sebum) production with resultant inflammation, potentially triggering acne. Minimizing sugar intake early on may benefit your skin in the future," he explains. Your diet can completely change how your skin looks and behaves, so try cutting out the sugar if you don't like the look of your complexion.

While beauty products help to correct a lot of our skincare problems, sometimes those issues go a little further than skin deep!

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