

How to Care for Mature Skin



As your skin ages, the sebaceous glands produce less oil, and the skin loses elasticity. The result is dry, wrinkled skin—unless you take steps to prevent (or minimize) those effects.

Here's what to do to stay one step ahead of Mother Nature.

- Shower or bathe with a mild soap or transparent glycerin soaps to prevent dry, flaky skin. Don't use deodorant soaps on your face—they're too harsh for sensitive facial skin.
- Avoid alcohol-based astringents, toners, or after-shave lotions, which dry the skin.
- Apply a moisturizing lotion immediately after showering or bathing. (Dry skin makes wrinkles more noticeable, so using a moisturizer makes wrinkles less noticeable.)
- Use a room or furnace humidifier during the winter months, to further prevent dry skin.
- When washing dishes or working with strong detergents, protect your hands with rubber gloves.
- Apply sunscreen lotion with a sun protection factor (SPF) of 15 or higher whenever you go outdoors.

If you're thinking about having a face lift, chemical peel, or collagen injection for wrinkles, contact your local medical society for the names of board-certified surgeons or dermatologists with experience in the procedure you're considering.