



"Sunbathe? Who, me?" Your skin, like your parents, highly disapproves of your rock 'n' roll lifestyle: smoking, skimping on sleep, and years of unprotected relations...with the sun. "We get 80 percent of our sun damage before we're 18," says David Bank, MD, a dermatologist in Mount Kisco, New York, and the author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age*. And there's more bad news for the young and foolish who actually pay money for this damage. "By using a tanning bed, your risk of developing skin cancer can more than double over those who avoid them," says dermatologist Nicholas Perricone, MD, author of the *New York Times* best-seller *The Wrinkle Cure*. Use a noncomedogenic broad-spectrum sunscreen every day.

"Ugh, acne!" Your skin may be shifting from teenage acne to the adult variety, which means breakouts migrating to your chin and jawline or, for an unlucky few, occurring in both former (forehead, nose) and newer areas simultaneously.

"Reach for retinoids." "One of the gentler retinoid formulations, like prescription Differin, two or three nights a week will help prevent breakouts, undo some sun damage, and boost collagen production," says Bank. Use it in the evening in conjunction with a daily moisturizer that has at least an SPF 15 in the morning, and your skin will say thank you when you hit your 30s.

20s

"It's time to face the music." Now you begin to confront past skin sins. "This is the decade when you wake up to things you've never noticed on your skin before," says Bank. Sun spots, broken blood vessels, and fine lines replace acne for some and accompany it for others. Acne tends to become more hormonally driven, so the week before and during your period might not be pretty. Your complexion dulls, too, since cell turnover is slowing down.

"Speed up turnover." Bump up your retinoid use to four or five nights a week to stave off wrinkles, uneven texture, and loss of elasticity. "It gives you an antiacne, antiwrinkling effect with little to no drying or irritation," says Bank. (If you have sensitive skin, try less-irritating Kinerase instead.) On nights you're not using a retinoid, smooth on a potent exfoliant like glycolic or lactic acid to speed cell turnover; if your skin can tolerate it, apply a mild at-home glycolic peel once a week.

"Mmm, antioxidants!" They boost sun protection and fight free radicals (destructive molecules that are formed when your skin comes into contact with UV rays, pollution, allergens, and a host of other irritants). "The most effective include vitamin C and tocopherol [a potent form of vitamin E]," says Bank. Green tea and selenium may also be beneficial. Look for them in your moisturizers and sunscreens.

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