



Beauty note
 All products by
Estée Lauder. Face:
So Ingenious
Multidimensional
Make-up, £21.
Eyes: *Lash XL*
Maximum-Length
Mascara, £17.
Cheeks: *Pure Pops*
Brush-On Colour
in Berry Twist,
£12. Lips: *Electric*
Intense Lip Creme
in Neon, £15

In your 20s

Skin quality is at its peak – hurrah – but the race against time has already started. The ageing of the skin can be attributed to two factors: environment and genetics. While we can't do anything about our genes (yet), there are clear-cut rules that can help prolong the first flush of youth.

Prevention is key and it starts with a good skincare regime that incorporates regular exfoliation to help renew skin – try **Estée Lauder's** Idealist Micro D, £30. Keeping the skin hydrated is also important. Invest in moisturisers that contain antioxidants, like **Dr Jean-Louis Sebagh's** Crème Vital, £57, which helps reduce free-radical damage (ring 020 8740 2085 for stockists).

Wear cream with an SPF factor of at least 20 every day. **Invisible Zinc Suncare Systems's** Facial Daywear Moisturising Lotion with SPF30, £24 from Selfridges, filters both UVA and UVB rays. For once we're ahead of the Americans, thanks to the fact that they classify sunscreens as drugs and have yet to approve more advanced filters such as Mexoryl and Tinosorb. 'Look out for brands like L'Oréal and Nivea, whose products contain these ingredients,' advises consultant dermatologist Dr Nick Lowe, who has clinics in London and California. 'They provide stable broad-spectrum coverage that won't deteriorate in sunlight.' Lowe also advises people with sensitive skins to use night creams with alpha-hydroxy acids, such as those

As time goes by...

Never too late to do something about ageing.
Olivia Falcon on what works when

PHOTOGRAPHED BY KUTLU. STYLED BY ANTONIA WHYATT



by **NeoStrata**, as a gentler alternative to exfoliation.

This is also the time to kick bad teenage habits like smoking. 'Smokers create more free radicals, which strip the skin of vitality,' explains skin expert Sebagh. Acne wreaks havoc too. 'It can age skin and damages collagen and elastin tissues, causing mottling and scarring,' says Lowe. **Retin-A** creams can be hugely helpful and are available on the NHS.

Avoid yo-yo dieting. Large weight fluctuations can age the face, stretching ligaments attached to the bone and making the skin loose. If you have weight issues, this is a good time for liposuction. 'It's better to have it when you're younger,' says cosmetic surgeon Rajiv Grover. 'Skin tone is better at this age, so you should be able to get a really good result. The more elastic the skin, the better it will conform to your new shape.'

In your 30s

Cell turnover slows down in our early 30s, so it's important to keep up the preventative skincare routine established in our 20s. Around 35 we hit a dermatological wall and signs of environmental damage start to show. 'If you've looked after your skin, you'll look great,' says Lowe. **Estée Lauder's** Re-Nutritiv Range is especially good for thirtysomething skin.

Sun-worshippers and smokers beware – crow's feet start to show around now. A good antidote to wrinkles is **Botox**. 'It's important not to get obsessive about Botox,'

says Sebagh. 'Twice or three times a year is quite enough.' Light chemical peels such as the **Jan Marini 40 Per Cent Glycolic Acid Peel**, available at the **Jan Marini Skincare Clinic** (tel: 020 7935 0023), and laser treatments such as **Pulsar** (ring 0114 235 6585 for clinic details) rejuvenate skin and help with acne scars and hyper-pigmentation (brown spots caused by sun exposure, pregnancy or contraceptive pills).

After childbirth, breasts head south and tummies seem to inflate irreversibly. So once you've produced an heir and a spare, it may be time to think about putting the perky back into thirtysomething with surgery. Breast-feeding causes ligaments inside the breast to stretch, making boobs lose their tone. This drooping can be corrected by a breast enlargement and/or a lift. 'With breast augmentations, I always tell my patients they should expect another operation in the future,' says cosmetic surgeon Martin Kelly. 'This could be anything from a nipple adjustment to scar management.'

After you've finished having children, a tummy tuck will tighten the skin and muscles stretched by pregnancy. Post-op swelling can take up to six months to go down. Thread veins, particularly on the legs and thighs, are another post-pregnancy bugbear. Zap them with the **Vein Wave**, a high-frequency machine that produces thermal waves to cauterise the vein beneath the

skin. It's available at **London Plastic Surgery Associates** (tel: 020 7908 3779). Alternatively, sclerotherapy, where veins are closed with an injection of a chemical that irritates their lining, is also very effective. Dr Jocelyn Brookes at the **London Clinic** (tel: 020 7935 3885) comes highly recommended for this procedure.

If you're thinking about having liposuction after pregnancy, a word of warning: 'Liposuction is not about losing weight – it's about changing the body shape,' says Kelly. 'I won't perform it until six to nine months after a woman has given birth, as it takes a while for the body to readjust to its normal weight.'

In your 40s

'Skin becomes noticeably thinner and drier in our 40s,' says *Tatler's* cosmetic-surgery guru Wendy Lewis. 'Depleted hormones cause skin to slacken. Night creams with retinoids firm skin by increasing the thickness of its deepest layers.' Try **L'Oréal's** Revitalift Anti-Wrinkle and Firming Night Cream, £13, or **Roc's** Retinax Correxion Anti-Wrinkle Night Cream, £25, which stimulate cell turnover and reduce fine lines. To thicken skin, there's **Sculptra**. Made of the same material used in dissolvable stitches, it is injected into the lower half of the face (see 'Looks to the Future'). And **Guerlain's** Success Model Lifting-Serum, £68, has a stretching effect on slackened skin fibres, greatly improving skin tone.

There are alternatives to going under the knife that are not >

MAKE UP BY YASUO YOSHIKAWA AT L'ATELIER NYC. HAIR BY GREG BITTERMAN AT RAYBROWNPRO.COM. USING BUMBLE AND BUMBLE

TATLER 33



When you reach your 50s, it's time to get extra help and add specialist products to your skincare regime

◁ nearly so invasive. Lowe advises combining treatments: 'I mix **Thermage**, a radio-frequency treatment that tightens collagen under the skin, with **Restylane**, a facial filler that plumps out deep lines.' Restylane is also used to fill out the lips, which naturally get thinner as we age. Injected along the cheekbones or into the chin, **Restylane SubQ** (a thicker form of Restylane) adds definition and lifts the face. The effects can last up to three years. (See 'Looks to the Future' for more information on these treatments.)

In our 40s, support structures in the skin get weaker, causing brows and eyelids to droop. Give the delicate eye area a boost with **Estée Lauder's** Stress Relief Eye Mask, £20 for a box of 10. Brows can be lifted with a **Botox** injection or an endoscopic browlift, where incisions are made about two inches into the hairline and the brow is raised via probes with tiny cameras on the end that target and pull key muscles. For mild sagging around the eyes, an eyelid-lift will remove excess skin on the upper eyelids.

'Choosing accredited surgeons is extremely important when considering these procedures,' warns Lowe. 'Make sure they're on the General Medical Council's specialist register.' (Ring 020 7580 7642 for details.) Many people in their early 40s consider

having a short-scar facelift, which lifts the lower two-thirds of the face. Recovery time is quick, which is why it's also called the 'weekend facelift'. 'It's for people who are looking for a moderate improvement,' says Kelly.

Thread veins on the face and décolletage will become more apparent at this age, especially if you're a smoker or do a lot of sport. But **Intense Pulsed Light** (IPL) treatments can greatly improve the clarity of skin that hasn't been damaged too much.

After 50

As oestrogen levels plummet, the skin becomes even drier in our 50s; collagen and elastin fibres degenerate. Botox, facial fillers and laser treatments can ward off worsening skin tone and texture. Now is the time to get extra help and add specialist products to your skincare regime – choose mild cleansers and rich, replenishing moisturisers, such as **Estée Lauder's** Hydra Complete Multi-Level Moisture Crème, £21.

'Skin conditions such as rosacea may get worse during menopause,' says Wendy Lewis. **B Kamins's** rosacea products contain a special pigment to camouflage and soothe raw-looking complexions.

As we age, our pores grow larger because the skin loses its elasticity. Try **Clinique's** Pore Minimising Make-Up, £17,

which fills in pores and softens imperfections. Chemical peels, lasers and IPL can reduce signs of ageing on the hands and neck. You might also have to contend with unwanted facial hair, the result of lower oestrogen levels. Book a course of IPL, which kills the hair at the root. However, the hormonal cycle can trigger further growth so regular treatments may be needed.

Haven't taken care of your skin? A full facelift may be necessary. This repositions the deep layers of the face, which are pulled down by gravity. It can be done in conjunction with a fat transfer, where fatty tissue is removed from, say, the thighs or tummy and injected into parts of the face that have lost volume. A necklift is often done at the same time as a facelift.

If you had cosmetic surgery on your breasts in your 30s, it may be time to consult with a surgeon to see how it's holding up and to check out the latest developments. A breast-lift can take years off a fiftysomething cleavage. □
*Dr Nicholas Lowe is the author of **Away with Wrinkles: a Top Dermatologist's Secrets for a Younger Face** (Kyle Cathie, £14.99). For an appointment with him, ring the Cranley Clinic on 020 7499 3223. **Rajiv Grover**, 144 Harley Street, W1 (tel: 020 7486 4301; rajivgrover.co.uk). **Martin Kelly**, London Plastic Surgery Associates, 30 Devonshire Street, W1 (tel: 020 7908 3779; londonplasticsurgeryassociates.co.uk). **Dr Jean-Louis Sebagh**, 25 Wimpole Street, W1 (tel: 020 7637 0548).*