



# BEAUTY

## ROUGHNESS

As with sun spots, a rough skin texture is mostly caused by ultraviolet exposure. Your skin literally becomes weathered. "When skin gets this dry and rough, it's totally due to neglect," says Hobson. "The epidermis has hardened so you have an impaired skin barrier function. The solution is to exfoliate and smooth the skin, and get lipids in to moisturise and repair that barrier function," Hobson notes that vitamin A and AHAs make for a great skin-smoothing mix, but recommends resurfacing via microdermabrasion in more severe cases.

If you can afford it, Dr Kearney suggests opting for a resurfacing laser treatment. "A fractional laser such as Fraxel is very good at smoothing sun-damaged skin," he says. "This revolution of technology allows us to remove tiny pin pricks of skin at a time. This means skin can recover more easily than it did with old-fashioned resurfacing lasers."

Field adds that moisturising is as important as exfoliation for rough skin. "If you take away from the skin, you need to make sure you put the nutrients and water back in." For that job, Dr Heber advises using a super-rich moisturiser laced with lactic acid. "It increases the ceramide levels and helps to normalise exfoliation."

**3 GREAT BUYS ...**  
 1. Lactobionic Antioxidant Formula, \$225, by Bakel, 02 8399 1274. Exfoliates and uses glycerin to plump skin up. 2. Pure Retinol 1.0 Maximum-Strength Refining Night Cream, \$115.50, by SkinCeuticals, 1800 242 011. Dermatologists prefer prescription forms of vitamin A, but this is a high-potency over-the-counter version. 3. Face & Body Scrub, \$95, by MD Formulations, 1800 808 993. Powered with extra-exfoliating glycolic acid.



become quite hard and brittle, meaning skin has less bounce," explains Field. "Anti-glycation creams work to undo this damage. Of course, it's great to be healthy in the first place."

**3 GREAT BUYS ...**  
 1. Time Zone Line and Wrinkle Reducing Creme SPF 15, \$80, by Estée Lauder, 1800 061 326. Features the latest in anti-glycation skincare technology. 2. Ceramide Plump Perfect, \$135, by Elizabeth Arden, 1800 015 500. Ceramides, peptides and moisturising agents are star ingredients. 3. Multi Correxion Intensive Serum, \$69, by RoC, 1800 774 590. A great-value vitamin A-based treatment.



## SAGGING

Sagging is far from an overnight sensation. Gravity begins to take its toll early on, literally dragging skin down. To an extent, sagging is inevitable. "Volume loss, whether from fat or bone resorption, is a fact of life," notes Dr Cook. "Although, you can try to keep a healthy weight in your face by eating well." Dr Heber adds that sagging is largely due to a natural loss of elasticity in the skin. "Unfortunately, there's no way yet to restore skin elasticity to its original condition," he says.

Now for the good news: dermatologists and cosmetic surgeons can add some volume back with hyaluronic fillers. "We can actually give back cheekbones," says Dr Kearney. "This will in turn lift the skin back up and tighten the jawline a little." And the latest Thermage NXT technology (see theclinic.net.au) combats sagging by delivering a session of radiofrequency to tighten and contour skin. According to Boris Kunsevitsky, international clinical specialist from Solta Medical, the technology safely delivers "uniform, volumetric heating to deep, collagen-rich layers of the skin".

The right skincare regimen remains as important as ever. "Skin tends to become thin, but luckily firming it is quite easy," says Field, who recommends massaging in protein-rich creams. Hobson adds that the massage action is just as important as what you're actually applying. "Massage helps to get the blood flow going and stimulates the facial muscles," she says. "And never lose sight of the bigger picture. If you take time to look after yourself by eating well, exercising, reducing stress, as well as taking care of your skin, you can look fabulous your entire life."

**3 GREAT BUYS ...**  
 1. Ultra Correction Lift Lifting Firming Day Fluid SPF 15, \$137, by Chanel, 02 9900 2944. A firming treat. 2. Damascus Rose Facial Treatment, \$72.50, by Aesop, 1300 721 754. This oil-based treatment is nourishing on dry, thinned skin. 3. Skin Naturals UltraLift Pro-X Lifting Roll-On, \$21.99, by Garnier, 1300 659 259. Delivered via a nifty massaging roller ball. **m**



THE AGE ISSUE

## WRINKLES

By the time skin is at wrinkling stage, there's usually a mix of what are known as dynamic and static lines; the former originate from expression lines, while the latter can creep up on any part of the face. "Botox is great at preventing and treating dynamic lines, and hyaluronic acid fillers are good at preventing and treating static lines," says Dr Kearney. Fillers are also effective at plumping out deep grooves, such as the nasolabial folds (from the side of the nose to corner of mouth) and marionette lines (from the corner of mouth to the chin).

All wrinkles have one underlying factor, however. "They all occur due to a weakening of the dermal layer," says Dr Heber. "Therefore a mix of vitamin A and AHAs works well to strengthen the skin." Peptides are also thrown at wrinkles by some skincare companies. "They're as much for fighting the onset of sagging as well as lines and wrinkles," notes Field. But another approach to whittling down wrinkles is anti-glycation skincare. "Where there has been an excess of sugar in the system, due to unhealthy eating, collagen can