

Skin Sense

facts from the experts

Thirtysomething Skin Tips

(NAPSA)—Making the most of your skin at any age is easier with some advice from the experts.

Here are some questions on thirtysomething skin answered by Dr. Lydia Evans, consulting dermatologist for L'Oréal.

Q: Do I need to change my moisturizer when I reach my 30s?

A: Generally there is an increased need for moisturization compared with teenagers and women in their 20s. Hormone levels tend to fluctuate a little less compared with younger age groups (except for pregnancy). There tends to be a decrease in the amount of oil produced. Less oil means you need a little more help from your moisturizer.

Q: If I use a moisturizer, won't my skin break out like it did when I was a teenager?

A: The key is choosing one designed for your age and skin type. A too-rich moisturizer might block your pores and cause break-outs, and if it's too light, it may not give adequate hydration to your skin. When you are in your 30s, look for a moisturizer that emolliates well, but blends into your skin without leaving behind a greasy or heavy-feeling residue.

Q: What can I do about the fine lines and wrinkles around my eyes and on my cheeks?

A: For many women, the upper cheeks and adjacent areas are where fine lines and wrinkles first appear. These changes are greatly accelerated by sun exposure and smoking. Products that contain certain ingredients to help rebuild collagen, such as L'Oréal Pléni-



Dr. Lydia Evans recommends looking for a moisturizer that softens but blends well into skin.

tude Visible Results, will diminish these fine lines.

Q: Why do I need to use a cleanser?

A: A good cleanser is an important step in any skincare regimen. Bar soaps are generally drying and can strip skin of its natural oils. This can lead to a lackluster appearance. The resulting dryness can accentuate the appearance of fine lines, especially around the eyes. Choose a cleanser that will clean skin without stripping, like L'Oréal Plénitude Hydra Fresh Cleanser. Always remove makeup and cleanse the face before going to bed.

Q: What does a toner do?

A: Toners can help remove any residual makeup or dirt lying deeper in your pores. They also give a fresher and more vibrant appearance to your skin.