

Skincare for Men in Their 40's and 50's

Men's Skin VS Women's Skin

Men's skin is naturally thicker than women's and produces more sebum, making it oilier. Don't be tempted to steal your partner's skin care products as they won't be as effective for you as something that's specially formulated for the guys. Most men also stress facial skin out with shaving on a regular basis which can cause sensitization and irritation and needs male-oriented skin care.

Skin As Men Age

If you're noticing lines and wrinkles as you head past 40 and towards 50, you're not alone. They're caused by a reduction production of collagen by your body as you age, and as this is the protein that gives skin its elasticity and strength, things start to look older.

It's perfectly normal to lose collagen as you age; once you get to about 30, you'll lose around 1% of your collagen every year.

Unfortunately, it's unavoidable - and the older you get, the worse the wrinkles and lines get. So how do you stop them in their tracks, or at least make it look like you have?

Maintain a Skin Care Routine

If you haven't already done it, invest in some good quality professional skin care products and start using them every day. You'll need a cleanser (or facial wash) along with moisturizer and exfoliator at minimum, and you can add in eye serum or cream if you notice signs of aging around your eyes too.

After cleansing your skin, the second step is to hydrate it. The latest wonder ingredients for anti-aging products are retinoids, a range of ingredients that are derived from vitamin A and shown to visibly decrease some of the main signs of getting older on your skin; crow's feet, wrinkles and lines. They work by boosting collagen production but are also powerful antioxidants, so they also protect your skin from damage by any free radicals. Moisturizers and serums containing retinols can also help repair existing skin damage and if you have any dark spots or suffer with rosacea or acne there are treatments and targeted products that even help with that.

If you want to take things a bit further, the next step is an esthetician and something a bit more professional.

Microdermabrasion

Microdermabrasion could be for you if you have small amounts of fine lines and just want your skin to look brighter and tighter. The

esthetician uses a vacuum suction device with a mild chemical crystal mixture to gently remove the top layer of your skin cells. It doesn't hurt, there's no downtime needed, and it can give you a more youthful glow. You will need more than one treatment to see the full effects though.

Chemical Peel

A chemical peel is where a mixture of chemicals is applied to your skin to remove the top, dead layer of skin cells. This helps to soften lines and wrinkles and even out the look of your skin – and it's not as scary as it sounds.

There are strong peels or 'deep' peels that have impressive effects on damaged skin but DO require downtime so aren't most people's first choice. These deeper chemical peels work by stimulating the collagen production in your skin and can be really effective at reducing wrinkles, evening out pigmentation and texture and reducing the signs of sun damage.

Most people start with a light peel which is more of a skin brightener and may soften lines but isn't going to help with deeper wrinkles.

Deep peels are permanent but lighter versions will need more than one treatment plus 'top ups' to make sure the effects last.