



Emma Stone

# 20s

## KEEP IT SIMPLE

Your complexion may be feeling confused as you try everything to manage hormonal acne, only to wind up with your skin spinning out of control

A bit of breakout is normal, but many women break out because they're using the wrong products for their skin such as creams that contain oil, says Dr. Rhonda Rand, long-time dermatologist to Angelina Jolie. The solution: edit down your skin-care routine to the essentials and avoid your mother's too-rich anti-aging cream. "Moisturizer doesn't prevent wrinkles, it treats dryness," she explains, adding that you can apply oil-free lotions to parched areas if you have combination skin. Otherwise, stick to a multi-tasking SPF to protect against aging UV rays. Glycolic acid is effective at sloughing away dead skin cells to aid with acne, and can also be applied selectively to areas that need it.



Rodial Glycolic Drops 10%, \$89, shoppersdrugmart.ca

CeraVe Foaming Facial Cleanser, \$16, shoppersdrugmart.ca

Clinique Dramatically Different Hydrating Jelly, \$36, clinique.ca

# URBAN BALANCE

# 30s

City life has its drawbacks – namely premature signs of aging like sprawling brown spots and those first proverbial cracks in the pavement

According to the World Health Organization, nine out of 10 people live in a polluted environment – and this can contribute to skin discolouration, dullness and wrinkles. "When air particles cause free radical damage, certain parts of our cells are not replaceable," says cosmetic dermatologist Dr. Paul Jarrod Frank, who helped formulate Madonna's skin-care range, MDNA. Shield skin by wearing sunscreen daily, and incorporate antioxidants like vitamin C, which neutralizes harmful free radicals, into your routine. But first, start with a micellar cleanser that lifts away microscopic impurities without stripping skin of its natural oils. ▶



Alumie nMD EverActive C&E Serum, \$179, alumienmd.com

Pour Moi Skincare Climate-Smart Polar Day Cream, \$50, tsc.ca

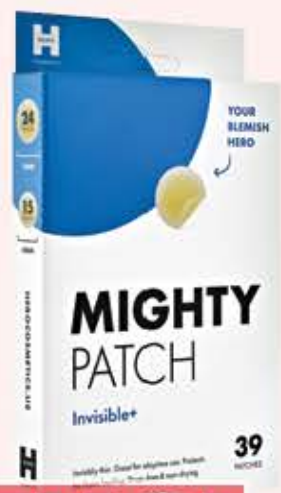
Eau Thermale Avène Micellar Lotion, \$24, shoppersdrugmart.ca

Pour Moi Skincare Climate-Smart Polar Day Cream, \$50, tsc.ca

## Fast Fix

Hydrocolloid patches dry out whiteheads overnight using the same wound-healing technology found in hospitals.

Hero Cosmetics Mighty Patch Invisible+, \$23, herocosmetics.us



## Makeup Magic

An oil-free, tinted CC cream with high SPF provides UV protection without having to layer skin care, which can lead to clogged pores. Eyeshadow primers and gel-formula colours ensure eyeshadows stay put over greasy eyelids.



It Cosmetics CC+ Oil-Free Matte Poreless Finish Full Coverage Cream with SPF 40, \$49, itcosmetics.ca



Selenia Gomez



Mara Jacobs Omega Gel Powder Eyeshadow, \$36, sephora.ca



Fenty Beauty by Rihanna Pro Fill'r Amplifying Eye Primer, \$28, sephora.ca

## Fast Fix

Halo Fractional laser improves on past lasers with a dualwavelength treatment that targets superficial signs of aging such as pigmentation, sun spots, larger pores, rough texture and fine wrinkles. It simultaneously triggers your skin's healing response to create new collagen, elastin, blood vessels and hyaluronic acid below the surface. (Expect faster recovery in fewer visits, too.) visageclinic.com



Charlotte Tilbury Charlotte's Genius Magic Powder, \$58, charlottetilbury.com



Gal Gadot

## Makeup Magic

Colour correctors mask the look of brown splotches and redness while lightdiffusing pigments in foundations and finishing powders blur the look of fine lines.

Indeed Laboratories Nanoblur Colour Corrector, \$17, indeedlabs.com



Revlon PhotoReady Insta-Filler Foundation, \$23, at drugstores and mass-market retailers



The Duchess of Sussex





Jennifer Aniston

# 40s DE-STRESS EXPRESS

Juggling a career and family with little me-time can exacerbate under-eye bags, deeper frown lines and the infamous "11s" (the vertical furrows between your brows)

It's no myth that our lifestyle really does show up on our face. "Sun exposure and smoking can play a role, and when people are stressed or lack sleep, they tend to eat more sugar, carbs, and caffeine, which negatively affects skin," says Dr. Frank. Dermatologists frequently look to prescription-strength retinoids to stimulate collagen production, which also softens lines and brightens in the process. Over-the-counter retinol is its gentler, less irritating cousin and retains potency when guarded from light and air. Quickly gaining traction lately are "retin-als" made from plant-derived compounds such as bakuchiol. Though they bear no structural similarity, some botanical versions of retinol claim similar, clinically-tested results.



Ole Henriksen Goodnight Glow Cycle Retin-ALT Sleeping Crème, \$66, [sephora.ca](http://sephora.ca)

OLEHENRIKSEN TRANSFORM PLUS Goodnight Glow Retin-ALT Sleeping Crème



Elizabeth Arden Retinol Ceramide Capsules Erasing Night Serum, \$106, [thebay.com](http://thebay.com)



Pixi Beauty Retinol Tonic, \$20, [shoppersdrugmart.ca](http://shoppersdrugmart.ca)

# JUST DEW IT 50s

As if hot flashes weren't enough, menopause reduces skin's elasticity and collagen, and an increase in dryness lends to a lacklustre impression



As estrogen plummets, oil glands become less productive, and a healthy glow doesn't come as easily. "Skin is generally thinner and as we lose the protective layer, it gets damaged more quickly," says Dr. Marc DuPéré, medical director of Visage Clinic in Toronto. Adds Dr. Frank: "Using a serum or cream chock-full of non-irritating peptides will trigger collagen growth and thicken things up." Bring moisture back into your complexion with hyaluronic acid, which attracts water from the air and locks in hydration and, in spritz form, makes for the perfect midday cool down. ▶

Institut Esthederm Cellular Water Mist, \$30, [esthederm.ca](http://esthederm.ca)



Kat Burki Advanced Anti-Aging Super Peptide Firming Crème, \$285, [beautyboutique.ca](http://beautyboutique.ca)



Olay Eyes Lifting Serum, \$34, at drugstores and mass-market retailers



Nicole Kidman

## Makeup Magic

A moisturizing concealer with brightening skin-care ingredients camouflages and illuminates dark circles without settling into fine lines. Brow boosters and power lipsticks enriched with vitamin E work wonders to detract from a tired visage.

Juice Beauty Phyto-Pigments Brow Envy Gel, \$26, [beautyboutique.ca](http://beautyboutique.ca)



Beasea Witherspoon



Lipstick Queen Method In The Madness Lipstick, \$25, [beautyboutique.ca](http://beautyboutique.ca)

Clé de Peau Beauté Radiant Corrector, \$85, [nordstrom.com](http://nordstrom.com)

## Fast Fix

Manage under-eye swelling by freezing tea-soaked cotton pads, suggests Dr. Frank. "Cold decreases puffiness while caffeine reduces redness, inflammation and constricts blood vessels – the main cause of pigmentation."

**TIP:** You can pop these eye masks into the fridge as an alternative.

Teaology White Tea Miracle Eye Mask, \$5, [teaologyskincare.ca](http://teaologyskincare.ca)



FROM TOP: YVON KILLICK/GETTY IMAGES; KEVORK DJANSEZIAN/GETTY IMAGES

## Makeup Magic

Oils like jojoba and sweet almond add an extra layer of comfort to a dehydrated pout. Plus, soft-focus foundations and highlighters enriched with hyaluronic acid ensure your makeup never looks cakey.



Bite Beauty Hydrate & Renew Agave Lip Mask in lavender, \$30, [sephora.ca](http://sephora.ca)

GlamGlow GlowPowder, \$53, [sephora.ca](http://sephora.ca)



Estée Lauder Double Wear Light Soft Matte Hydra Makeup SPF 10, \$50, [estelauder.ca](http://estelauder.ca)

FROM TOP: STEVE GRANITZ/GETTY IMAGES; ANDREW TOFFI/IMAGOC/GETTY IMAGES

## Fast Fix

To treat skin conditions associated with inflammation such as rosacea, psoriasis and eczema, a one-hour visit to a Himalayan rock salt cave is equivalent to a week by the sea, says Stephanie Kersta, co-owner of Hoame, a new meditation studio that offers halotherapy in Toronto.

**TIP:** Keep a salt lamp by your desk to reap its benefits daily.

Himalayan Crystal Salt Lamp, \$35, [earthlux.ca](http://earthlux.ca)

