

how does skin age?

Here's a breakout of what happens to your skin while you're busy living.



story highlights

- As skin ages, it experiences a slowing of the natural processes which help maintain youthful qualities such as firmness, tautness, and radiance.
 - Visible signs of skin aging (fine lines and wrinkles, uneven skin tone and texture, enlarged pores, etc.) appear because of our skin's natural defense mechanisms, as well as slower cell renewal, turnover, activity, and recovery.
-

Fine lines and wrinkles, rough skin, uneven skin tone, hyperpigmentation, large pores, dullness, age spots, and rough skin texture are all considered signs of skin aging.

Dynamic Skin Retinol Serum is a high-dose, fast-acting multi-retinoid with booster technology that harnesses an advanced retinoid blend plus a booster to help transform the appearance of skin. It helps to:

- Reverse the appearance of wrinkles
- Retexturize skin
- Minimize the appearance of pores
- Even skin tone

the signs of skin aging

Throughout our lives, we may notice some specific signs of skin aging:

- Wrinkles
- Rough skin
- Enlarged pores
- Uneven skin tone

These are the key events throughout your life:

20S

As early as our 20s, certain lifestyle habits, environmental effects, and constant UV exposure begin compromising skin's structural integrity. Our cell defenses start to weaken in the face of free radicals, and our natural ability to fight off skin damage declines. Cell renewal and turnover rates begin to naturally start to slowdown, which can diminish skin brightness.

30S

In our 30s, collagen (which keeps skin firm) and elastin (which keeps skin bouncing back) begin to degrade, resulting in the appearance of fine lines and wrinkles. Cell renewal and turnover continue to decline, leading to uneven skin tone and a dull complexion. Some cells can even become inactive or turn into "zombies," giving rise to damaging inflammatory toxins that accelerate the appearance of skin aging.

40S

By our 40s, skin appears thinner and our naturally-protective barrier lipids are not as pronounced. Dehydration can be an issue. Depending on hormonal activity, a range of skin conditions may occur, including uneven skin tone or adult acne. More prominent signs of skin aging can also appear, such as large pores and hyperpigmentation.

50S+

After our 50s, our barrier lipid layer lessens, leading to less efficient moisture retention and more potential for sensitivity and dehydration. Chronic stress and inflammation both inside and outside of the body delays skin recovery, leading to lasting marks and longer healing times. By now, skin can show prominent fine lines, wrinkles, hyperpigmentation, rough skin, uneven skin tone, and large pores.

the secret to healthy-looking skin at every age

To cultivate healthy-looking skin, it's imperative to evolve your skin care routine according to your lifestyle and environment. Adjustments are often necessary to account for a change in climate, health status, or new skin care goals. Talk to a Dermalogica skin therapist whenever you're experiencing changes in your skin for tips on how to proceed.

Get more skin care tips at [dermalogica.com](https://www.dermalogica.com)

Want to learn more about which skin care products are right for you?
Visit your local Dermalogica skin therapist for a completely customized regimen.