

Today Show Dr Marnie Nussbaum Skin Care through the Decades

20's

- Start good routine in 20's
- Wash face 2 times/day
- Moisturizer twice/day
- Sunscreen SPF 30 or higher
- Retinol – low potency 1-2 times / week
- Target acne as needed

30's

- Skin cell turnover decreases
- Lose collagen and elastin
- Dead skin cells stay on top
- Need to increase retinol potency & frequency
- Incorporate glycolic acid

40's

- Level up on ingredients:
 - Antioxidants
 - Vitamin C
 - Niacinamide
- Protect skin from sun damage – SPF 30 or greater
- Treat hormonal acne
- Exfoliate 1 – 2 times / week
- Start peptide complex cream
- Use eye cream

50's and 60's

- Menopause changes skin
- Need to pump up moisture
- Exfoliate 3 times / week
- Continue peptide, retinol, and sunscreen