

How to work out your skin type in midlife

From dry to combination, here are the signs to look out for – and tips to ensure you look and feel your best



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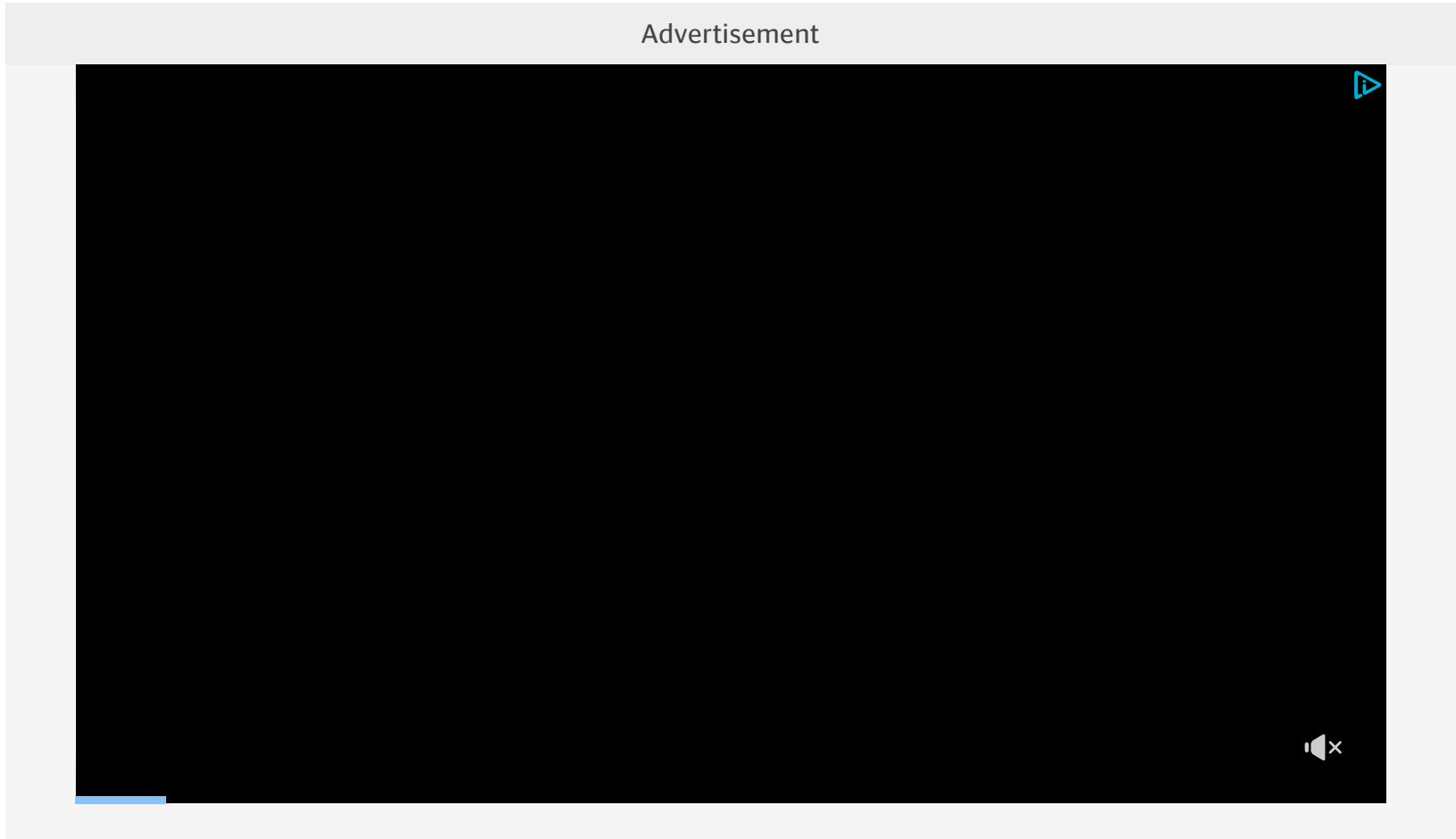


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A new frown line. A fresh smattering of [sun spots](#). Everyone knows skin changes with age. But were you also aware that your skin type can switch over time? Dry, oily, combination and even “normal” skin are terms that get thrown around a lot.

As a general rule, Dr Alexis Granite, a dermatologist, says: “Your skin type is determined by how much oil your skin produces, how it holds on to water, and how reactive it is to external triggers.”

And while it’s true that skin type is genetic, it’s not fixed. “Your skin type is affected by hormones, barrier integrity and environment, all of which can change over a lifetime,” Dr Granite adds.



Skin can be spotty in your teens, sensitive in your 30s and papery in your 40s. But use the wrong products for your skin type and you could be worsening the concerns you’re trying to treat.

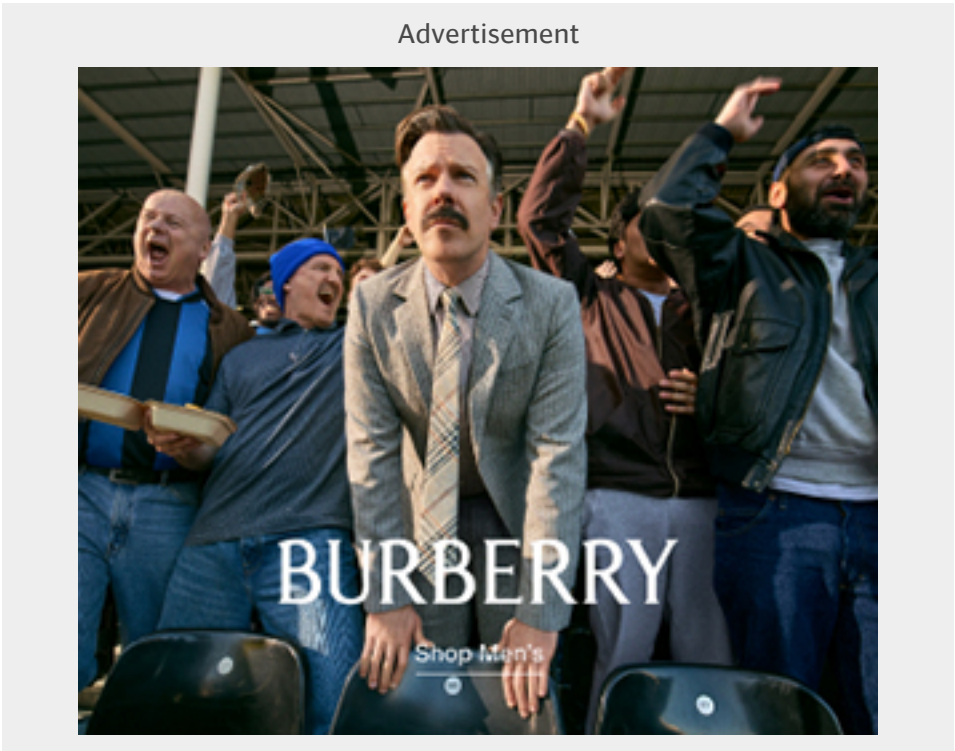
Here are the signs to look out for and a routine to help you get your glow back.

Dry skin

How does your skin feel today? Rough? Is it tight after cleansing? Does your [moisturiser](#) no longer feel moisturising? “These are all common signs that you have dry skin,” says Dr Justine Kluk, a consultant dermatologist.

If you’re [perimenopausal](#), these changes aren’t accidental. “Skin often becomes drier, thinner and more sensitive in our 40s and beyond,” says Dr Kluk. “As oestrogen levels fall, the skin produces less sebum and becomes less able to retain water, so moisture escapes more easily.” It also comes down to losing collagen more quickly, slower exfoliation and a reduction in moisture-locking lipids.

It’s tempting to throw endless oils and heavy creams at the problem. But, according to Dr Kluk, “turning to ingredients that support the skin barrier, such as ceramides, glycerin and hyaluronic acid,” can reap better rewards.



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