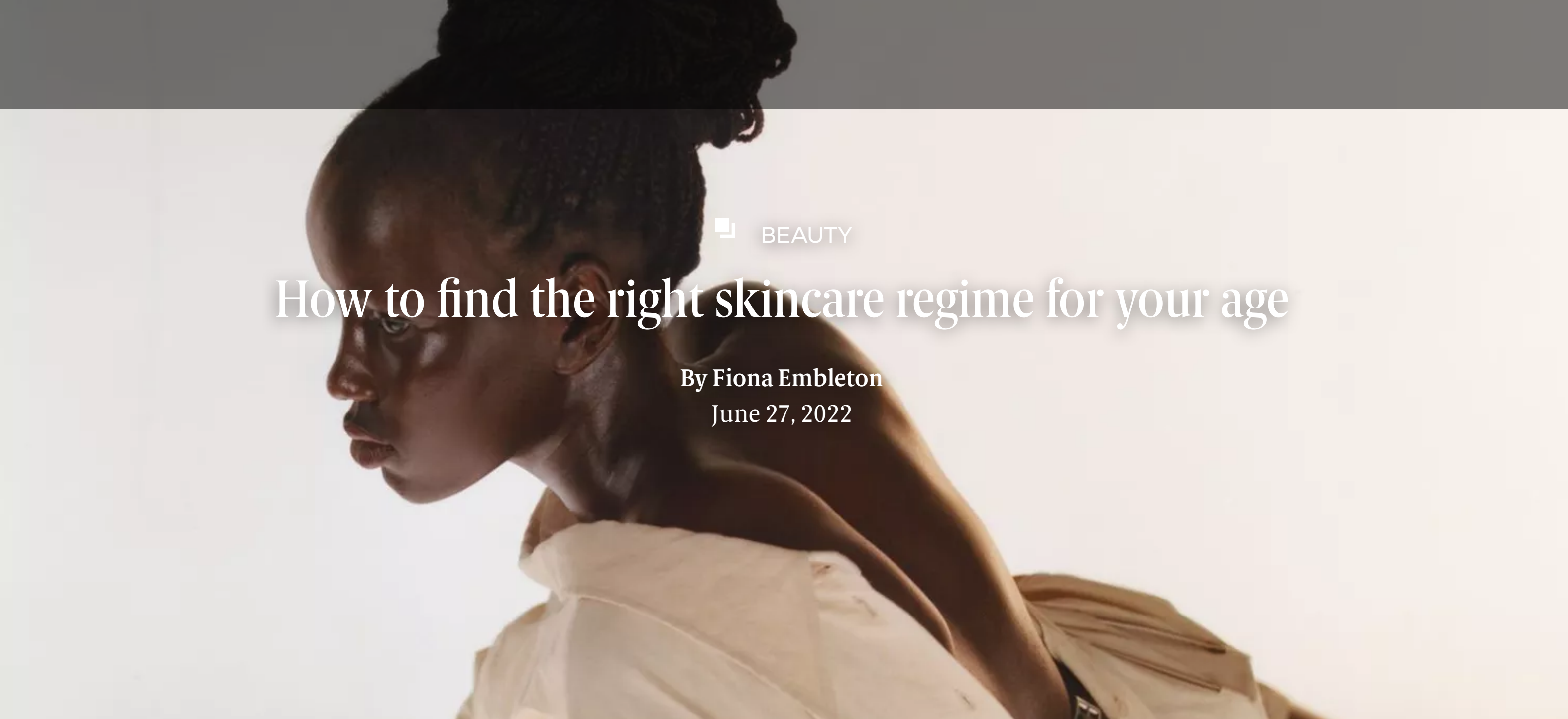




BEAUTY

How to find the right skincare regime for your age

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Photo: Benjamin Vnuk



You're not the same person you were in your 20s – and neither is your skin. For the most transformative results, tailor your skincare to your life stage, say the pros

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Skincare is rarely ever just skincare. It's the key to targeting skin concerns such as acne, pigmentation, slackness and wrinkles. Then you have skincare actives therein that also protect against seasonal and environmental aggressors – and that's without accounting for the emotional role that our bathroom shelf plays in soothing away stress and boosting confidence.

While it's true that our skin has varying degrees of sebum and a microbiome teaming with bacteria unique to us, there are some universally accepted truths about what happens on a physiological level to your skin over the decades.

To our credit, we're pretty clued up when it comes to skincare ingredients. Google and social media mean consumers today can easily become 'skintellectuals', knowledgeable about their skin and the ingredients that can have a positive or negative impact on both their face and the planet at the click of a mouse. So it's hardly surprising that niacinamide, retinol and vitamin were the highest searched beauty terms in 2021.

But all of this will only make a real difference in practice if you're using the right skincare to target the hormonal fluctuations that are characteristic of our different life stages.