



**Michelle's
Recommended
Skincare
Ingredients for
Women over 40**





As we age, our skincare needs evolve.

Factors like hormonal changes, decreased collagen production, and environmental stressors can impact the skin's health and appearance.

To maintain a radiant complexion and address common concerns such as wrinkles, fine lines, and loss of elasticity, it's essential to incorporate specific ingredients into your skincare routine.

In this guide, we'll explore the key ingredients recommended for women over 40 and the reasons behind their effectiveness.

This guide is not a substitute for a doctor's recommendations. It's highly advised you visit your dermatologist once a year for a routine Skin Cancer check and to get advice on which products are best for your skin concerns.

Retinoids



Retinoids

Why: Retinoids, including retinol and prescription-strength retinoids like tretinoin, are renowned for their ability to stimulate collagen production, accelerate cell turnover, and reduce the appearance of wrinkles and fine lines.

How: Apply retinoids at night to clean, dry skin. Start with a lower concentration to minimize irritation and gradually increase frequency and strength as tolerated.

Hyaluronic Acid

Why: Hyaluronic acid is a humectant that attracts moisture to the skin, helping to hydrate and plump fine lines and wrinkles. It also supports the skin's natural barrier function.

How: Look for serums or moisturizers containing hyaluronic acid and apply them after cleansing and toning.



Vitamin C



Vitamin C

Why: Vitamin C is a potent antioxidant that helps neutralize free radicals, brighten the complexion, and fade hyperpigmentation. It also supports collagen synthesis, promoting firmer, more youthful-looking skin.

How: Incorporate a vitamin C serum into your morning skincare routine before applying sunscreen.

Peptides

Why: Peptides are amino acid chains that signal the skin to produce collagen and elastin, improving firmness and elasticity. They also help reduce the appearance of wrinkles and fine lines.

How: Look for skincare products containing peptides and use them consistently as part of your anti-aging regimen.



Niacinamide (Vitamin B3)



Niacinamide (Vitamin B3)

Why: Niacinamide offers multiple benefits for mature skin, including improving skin texture, minimizing pore appearance, reducing inflammation, and enhancing the skin's moisture barrier.

How: Use a niacinamide serum or moisturizer daily to reap its full benefits.

Ceramides



Ceramides

Why: Ceramides are lipid molecules that help maintain the skin's barrier function, preventing moisture loss and protecting against environmental damage. They are particularly beneficial for dry, mature skin.

How: Look for moisturizers containing ceramides and apply them generously to the skin.

Check with your dermatologist



Incorporating these essential skincare ingredients into your daily routine can help address the specific concerns of women over 40, promoting a smoother, firmer, and more radiant complexion.

Remember to introduce new products gradually and be consistent with your skincare regimen for optimal results.

Check with your dermatologist if you have any questions regarding which products are best for your skin concerns.



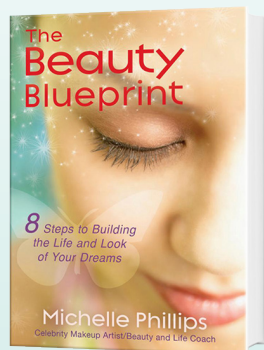
Michelle Phillips

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About Michelle

Michelle Phillips is a leading authority in the beauty industry and one of the most sought after influential makeup artists in the entertainment industry. For close to twenty years, Michelle has worked with some of the most powerful and talented celebs in Hollywood, Network Television, super Models, as well as Major League Sports, such as Katie Couric, Colbie Caillat, Derek Jeter, Condoleezza Rice, Sigourney Weaver, and Clint Eastwood... just to name a few.

Her popular television segments airing on TV shows across the country focus on Beauty and Wellness providing women with her professional and practical advice. You may have seen Michelle as a host, guest host, and correspondent on TV shows and Network such as; HGTV, HSN, QVC, CW, Oxygen, WeTV, The Daily Buzz, and Daytime.



Michelle is the best-selling author of "The Beauty Blueprint, 8 Steps to Building the Life and Look of Your Dreams" (Hay House Publishing).

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