


8 Easy Fixes That Fight Off Wrinkles

You don't need heavy artillery to keep your skin looking young. These simple steps will battle wrinkles without an army of products or expensive procedures.


By Jennifer Benjamin

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Lines have a way of sneaking up on you — a glance in the mirror in the right (or wrong) light can suddenly expose a roadmap you didn't know existed. But you don't have to go into Beverly Hills housewife territory with fillers or Botox to have dramatic impact on the signs of aging.

"The reality is that even the best products only work at undoing damage, so it is much more effective to prevent the damage in the first place — with a healthy lifestyle and a consistent skin care routine that keeps your skin hydrated, nourished, and protected," says Francesca Fusco, MD, an assistant clinical professor of dermatology at the Mount Sinai school of medicine, in New York City. Here, learn top skin care professionals' everyday secrets to fighting off the signs of aging.



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Chill Out

When it comes to washing your face, resist rinsing with hot water, which can dehydrate skin and make wrinkles appear more noticeable. "Hot water washes away the skin's protective oils, leaving it dry, itchy, and tight," explains Paul Jarrod Frank, MD, a cosmetic dermatologist and the director of 5th Avenue Dermatology Surgery and Laser Center, in New York City. "Switch to lukewarm water instead. The lower temperature helps keep the stratum corneum [the outermost layer of skin cells] and sebum from rinsing away."

Also, stash your eye creams and serums in the refrigerator. Says Dr. Frank, "Not only will it help the product last longer, but the coldness of the cream will reduce puffiness and act as an anti-inflammatory."

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Treat While You Sleep

"At night, your body is able to heal itself from the inside out, free from environmental factors like sun, wind, and pollution," explains Frank. "You don't have to worry about makeup or sunscreen either, so you can use creams with a thicker texture that provide deeper hydration and can lessen the appearance of wrinkles."

Frank also recommends looking for products that contain anti-aging ingredients, like retinols and glycolic or fruit acids, that will encourage cell turnover overnight, as well as peptides, to boost collagen production.