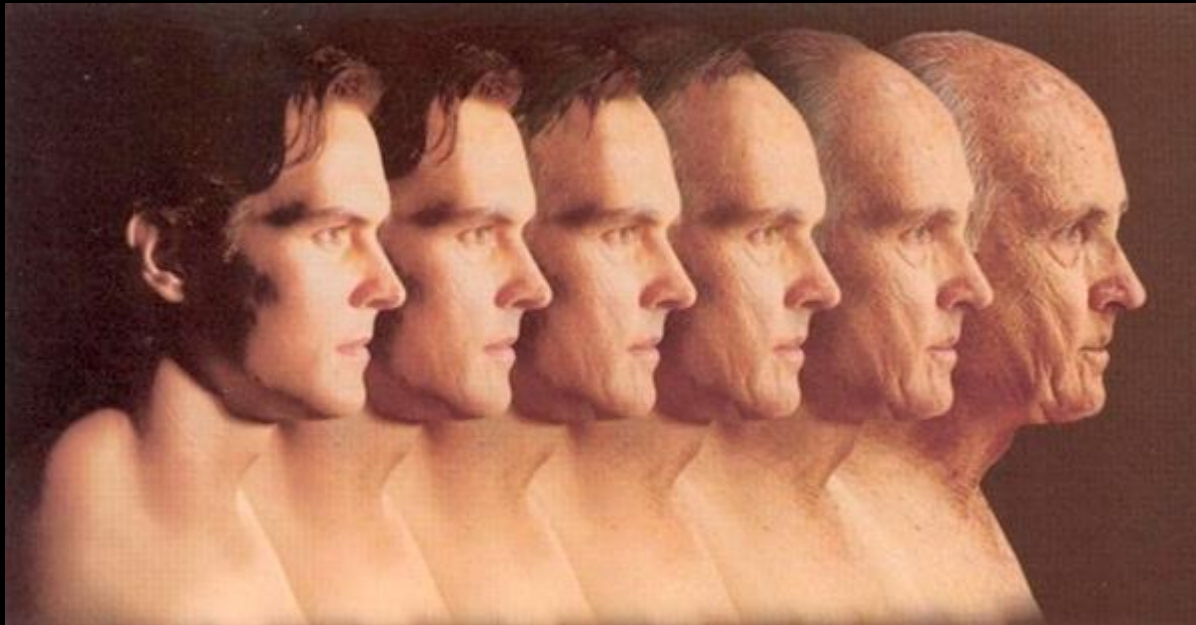


Ageing and the Skin

How the ageing affects the condition of the skin.

How can we grow old gracefully?



Anti-ageing?

- Nothing is anti-ageing!
We are programmed, as part of the life cycle, to grow old and we can do nothing to stop that.



Can we reduce the rate in which we grow old?

Yes- What you can do to help

- Lead a healthy lifestyle (diet and exercise)
- Get enough sleep
- Limit sun exposure
- Have a good skin care regime

No- What you can't do anything about

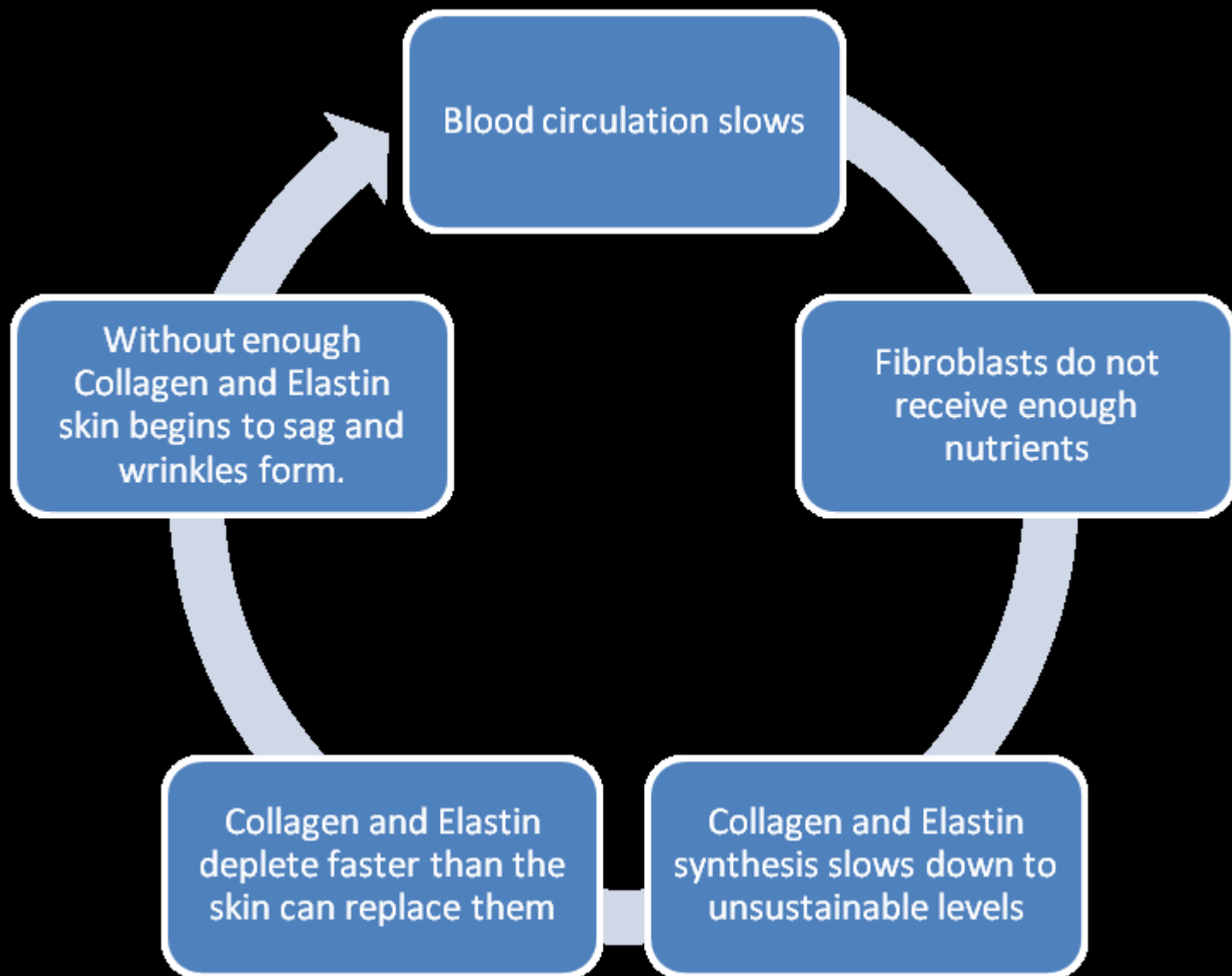
- Genetics will affect how you grow old, this means you inherit this from your parents.
- Where you live, if you live in a built area with a lot of pollution there are more pollutants in the air (exhaust fumes, chemicals) that will affect the skin.
- Illness/medication affects the condition of the skin.

The natural aging process

- Cell renewal is always faster the younger you are. The older we get, the slower the renewal process becomes, until it eventually stops.
- The messages the brain sends to each cell gets weaker each time a new skin cell is produced so they don't grow as well or as many when we are older.
- Hormones affect the skin, we produce more oil (the skins natural moisturiser) during our younger years than our more mature years.

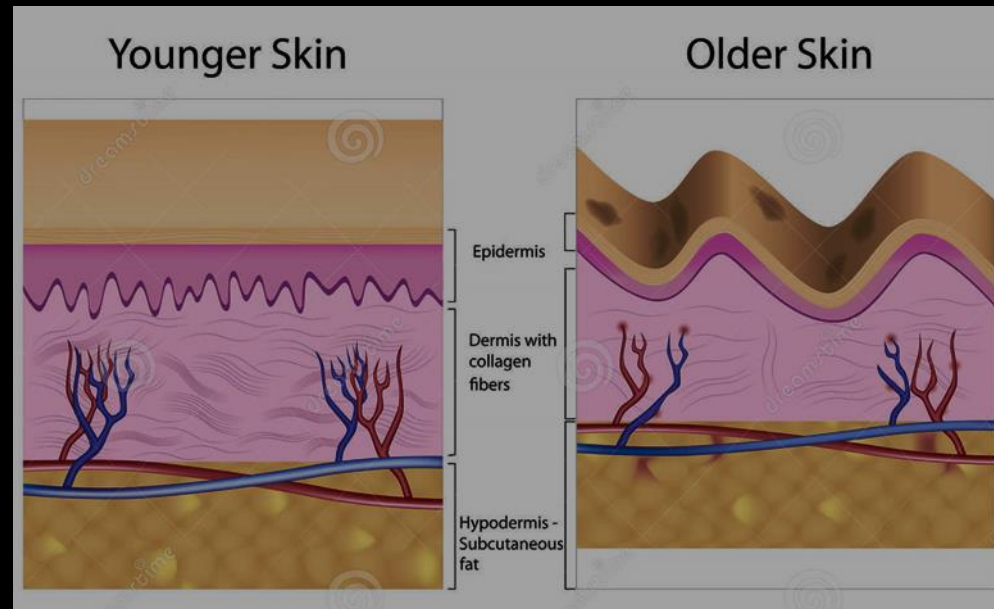
The natural aging process

- Collagen (plumps out skin) and elastin (provides elasticity) break down as we get older therefore providing us with less support so that wrinkles appear.
- The fat supporting our skin starts to go this leads to sagging.
- Sun damage becomes more present the older we get



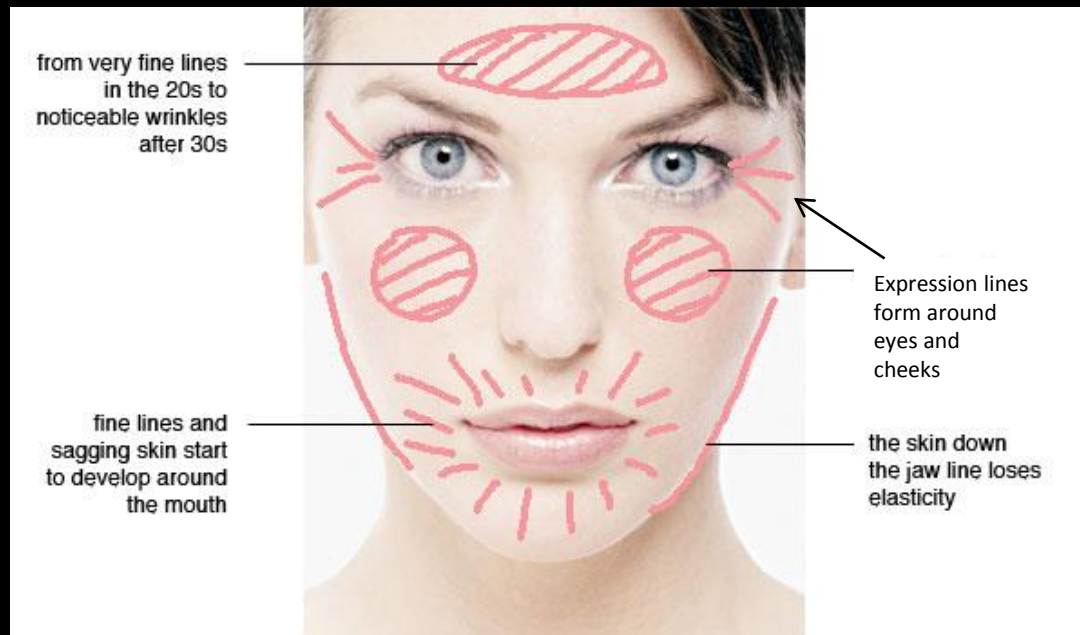
Age 12-20

- This is when the skin changes due to puberty.
- The skin becomes more firm and compact with lots of collagen and elastin fibres.
- Unfortunately the skin can be too oily during these years due to many factors-
 - Not looking after the skin (skin care routine)
 - Poor diet
 - Not enough sleep
 - Excessive alcohol
- The only advantage this age group has is that the skins renewal is quicker so will recover quicker.



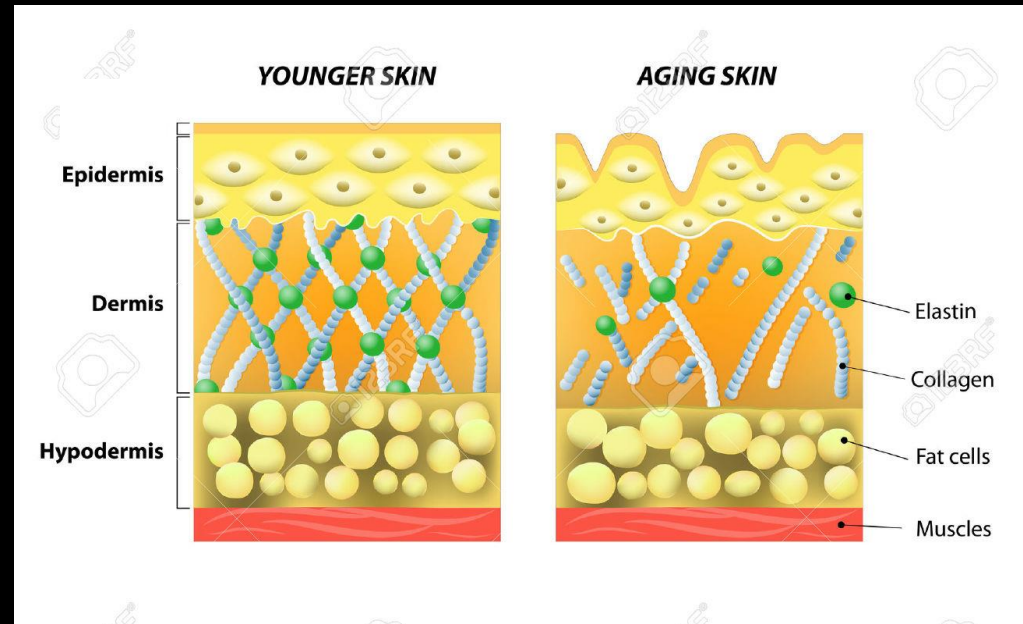
Age 20-30

- This is when the skin is meant to be at its best (enjoy while it lasts)
- Hormones have balances out
- The only thing that will affect the condition of the skin during your 20's is the lifestyle you lead



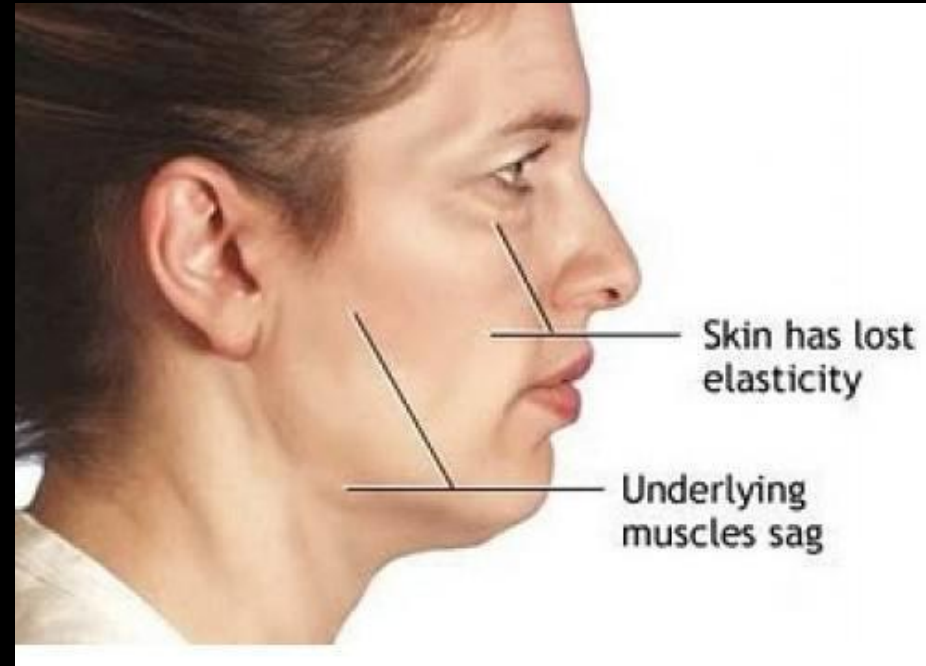
Age 30-40

- During this time your skin starts to dry out and the rate of cell growth and renewal slows down, this leads to fine lines starting to appear.
- The fatty layer starts to reduce and tiredness can show around the eye area and deep wrinkles start to form on the neck area.



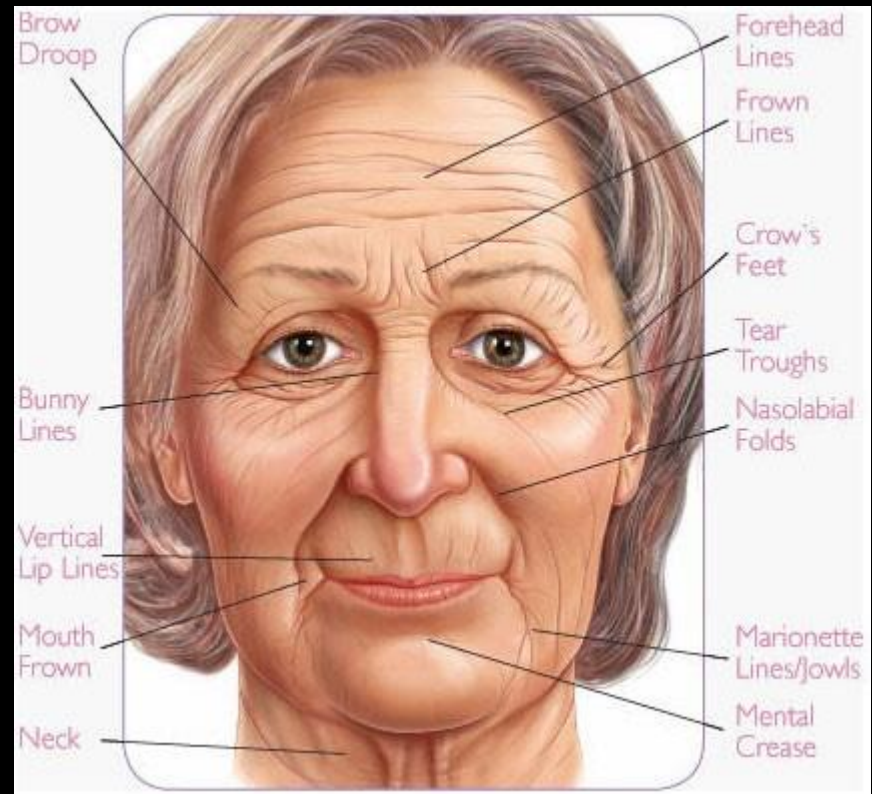
Age 40-50

- As this skin continues to lose its elasticity and fatty tissue, double chins start to form.
- As women go through the menopause their bone strength/thickness weakens and skin becomes thinner and more prone to UV damage.



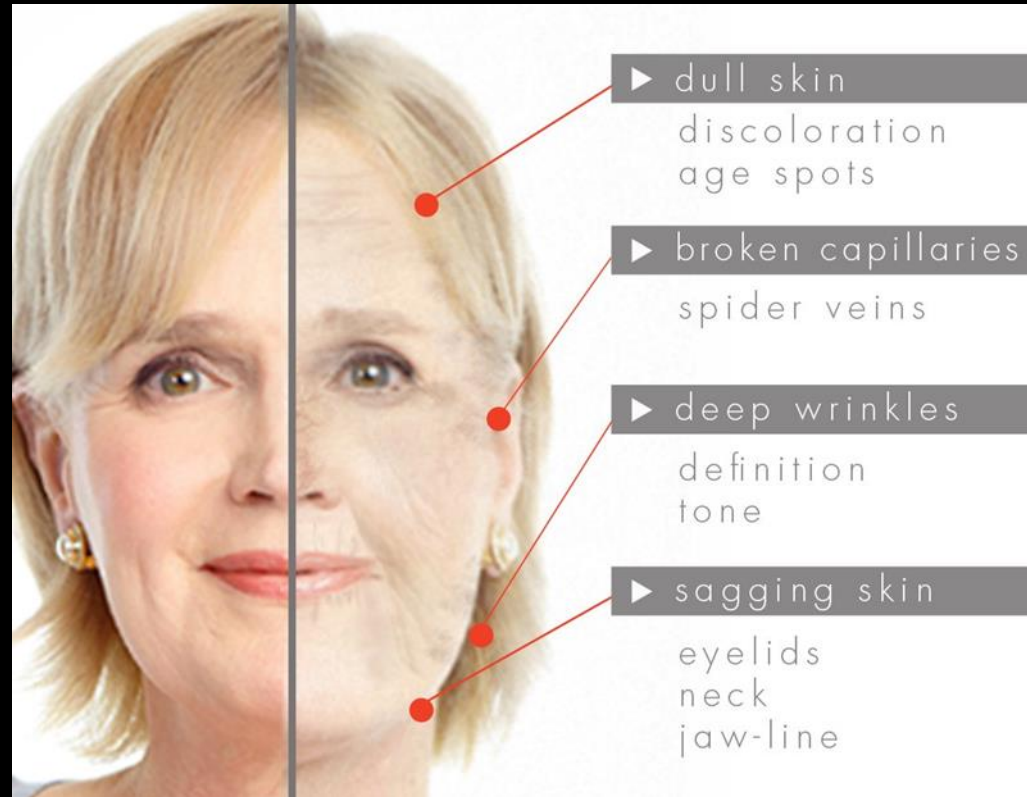
Age 50-70

- The skin starts to feel more coarse to the touch and puffiness appears around the eyes.
- Deeper wrinkles form especially at the nose to mouth line and the lip line loses definition.
- Skin takes longer to repair and renew and harder to fight infection
- In women facial hair may be present on the face due to the decrease of female hormones

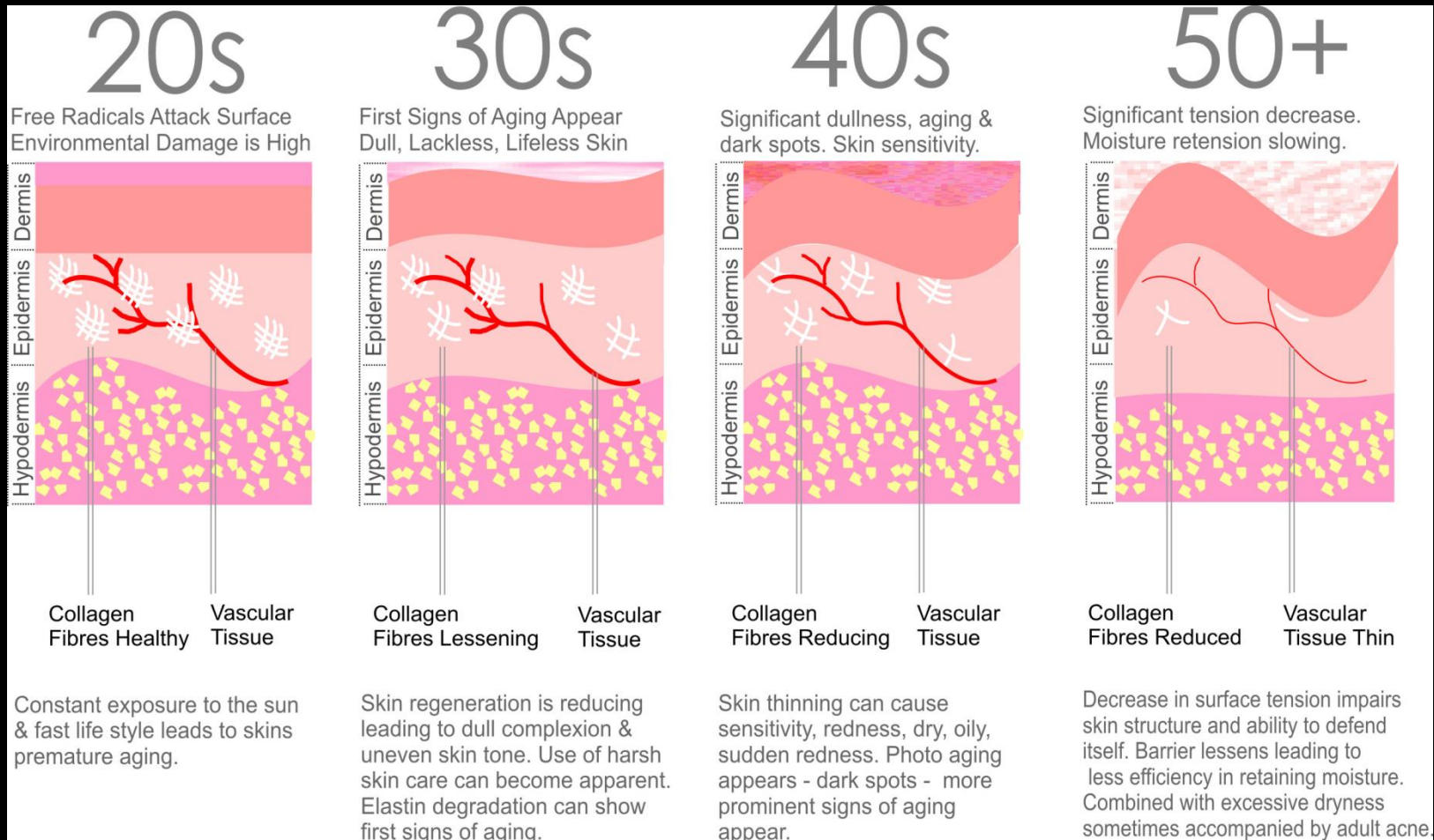


Over 70

- At this age the skin can appear soft.
- Dark patches of sun damage may be present
- The skin is very thin, almost like tissue paper and easily damaged.
- There is very little sebum to moisturise the skin.



As an overview

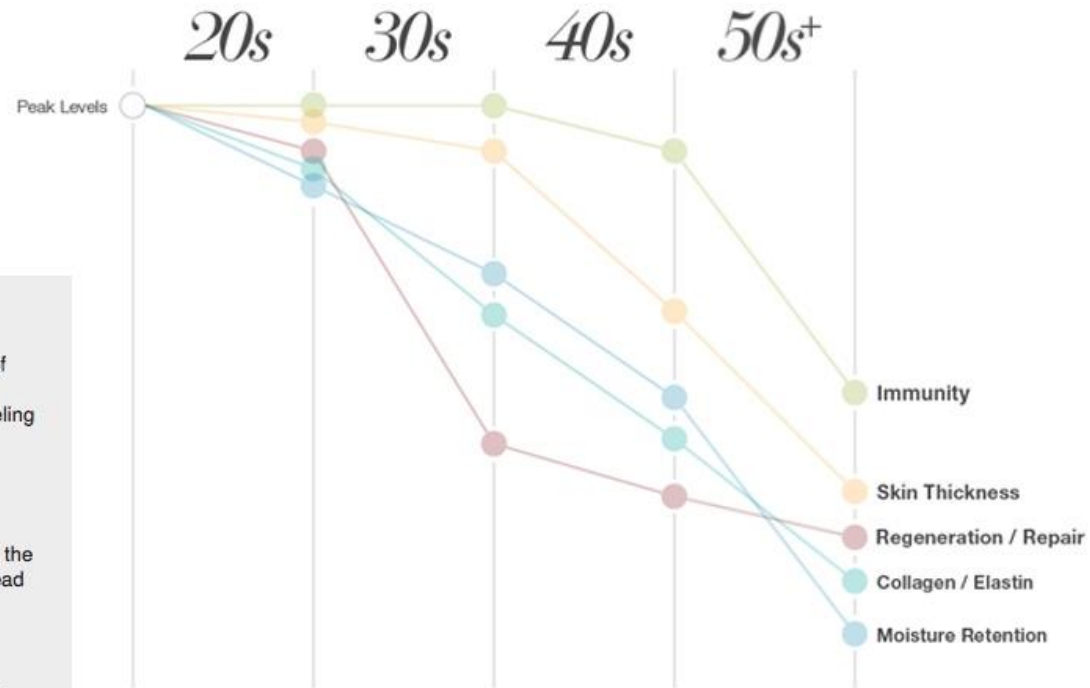


skin *our* as we age

40s

- **Skin Thickness:**
 The subcutaneous layer of adipose tissue begins to degrade leading to the feeling of... [Read More >](#)
- **Collagen/Elastin:**
 Begins to decline more rapidly. This, coupled with the thinning of the skin, can lead to more... [Read More >](#)

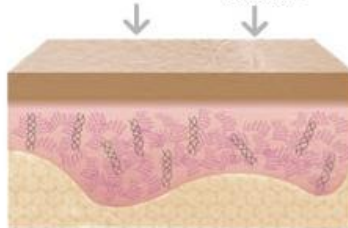
▶ next Intro | 20s | 30s | 40s | 50+



Our Skin as We Age

In our 20s

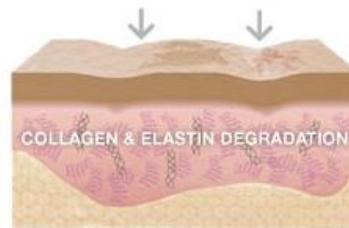
FREE RADICALS ENVIRONMENTAL DAMAGE



Due to constant exposure to the sun and a hectic lifestyle we begin to deal with damage which leads to the premature development of fine lines & wrinkles.

In our 30s

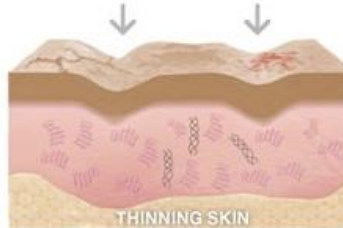
DULLNESS DISCOLORATION



Skin starts to take twice as long to regenerate leading to a dull complexion and uneven skintone. Collagen and elastin degradation leads to the first appearance of deep wrinkles.

In our 40s

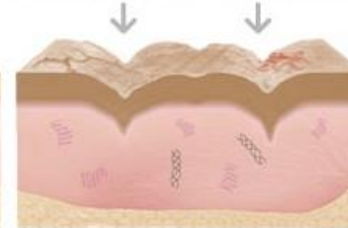
DRYNESS REDNESS



Thinning skin leads to poor circulation causing redness and sensitivity. The skin starts to become more susceptible to photo aging leading to the appearance of age spots.

In our 50s+

DECREASE IN SURFACE IMMUNITY SKIN BARRIER DEGRADATION



Decrease in surface immunity impairs the skin's ability to protect itself. The natural skin barrier degrades, leading to poor moisture retention and excessive dryness.