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Glam Slam: Love The Skin You're In

Updated 4:00 PM CDT, Wed, Jun 10, 2009

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New York Dermatologist Dr. Ariel Ostad reveals how YOU can get good skin too - at any age.

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20s

THE ISSUE: The problems that occur in your 20s are mainly related to dryness caused by exposure to the sun. The products that I would recommend to correct these problems mainly revolve around moisturizing your skin. It is important to institute a proper cleanser daily as well as daily application of moisturizer and sunscreen use. Moisturizing really helps ward off dry skin and helps prevent collagen breakdown and sunscreen helps fight future signs of sun damage.

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THE FIX: La Roche-Posay Hydraphase Cleansing Milk and Anthelios SX Daily Moisturizer with SPF 15. Both are favorites of Leighton Meester, who likes how mild the products are. "They're gentle on my skin," she says.

30s

THE ISSUE: Skin problems in your 30s are an extension of what starts in the 20s. People develop more signs of sun damage with hyperpigmentation and sun spots that are known as solar lentigines, as well as the formation of more fine lines. It is important to exfoliate the skin, which is a very simple way of avoiding dryness. Again, sunscreen use is extremely important for skin protection against harmful UVA and UVB rays.

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THE FIX: Biologique Recherche P50V Exfoliator, which is a favorite of Carla Gugino ("It's a great daily exfoliator!" she says) and Nia24 SPF 30 Mineral Sunscreen. (Renee Zellweger and [Michelle Williams](#) are fans)

40s

THE ISSUE: Age spots and pigmentation, as well as formation of deeper lines around the eyes and mouth are problems in your 40s.

THE FIX: Kinerase Brightening Anti-Aging System and C8 Peptide Intensive Treatment. Celebrity fans of this brand include [Jennifer Aniston](#), Debra Messing and Virginia Madsen.

50s & 60s

THE ISSUE: In your 50s and 60s, the problems are a result of more prominent collagen degradation leading to deeper lines, wrinkles, furrows and puffiness around the mouth, eyes, lips and neck. These are all signs of collagen breakdown, as well as fatty tissue loss, volume loss and bone resorption. In these situations, products can help slow down the loss that is occurring and it is extremely important to incorporate day moisturizers and night treatments.

THE FIX: CellCeuticals Biomedical Skin Treatments Extreme Defense Anti-Cell Damage Skin Treatment for day and Cell Genesis Regenerative Skin Treatment for night. Kris and Bruce Jenner are both fans of this line.

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