

Skin concerns and treatments at different age ranges

At one or several periods in life, most people will worry about their skin. Aging in particular can give rise to skin concerns. We may scrutinize our face in the mirror in search of new wrinkles and feel that our wellbeing and self-esteem has suffered. We all have the right to feel good about ourselves. If we are troubled by skin concerns there are treatments that can help, whatever our age.

Are we just being vain if we are troubled by skin concerns?

People who worry about their skin can easily be judged as vain. We can also judge ourselves for being vain. However, according to science, skin conditions of various kinds can have an impact on our psychological health.[1] Seeking professional help might be needed, both for the sake of our skin and our wellbeing. There's even a treatment called psychodermatology that provides psychological help for people with skin disorders.

Most of us however are troubled by more ordinary things like dry skin, wrinkles, sagging skin and volume loss. Below are common skin concerns and potential treatments for different age ranges.

Skin concerns in our 20s

When we are this young, we are not yet bothered by wrinkles or other signs of aging. Instead, we may worry about oily skin, outbreaks, enlarged pores, dull skin, skin irritation, eczema and rosacea.

In some cases, it can be advisable to get professional help. Even if we don't suffer from a skin disease, professional help from a skin therapist or dermatologist may save us both time, money and stress.

Galderma has a large portfolio of high-quality skincare solutions, both ordinary skincare products and prescription medicines, that can help improve different kinds of skin conditions. There are also aesthetic treatments that can help, such as skinboosters, that can help give radiance to dull skin.[2]

Skin concerns in our 30s

At this age we can of course experience the same skin conditions as in our 20s. We may also see the first signs of aging, such as dry skin, lack of glow and the appearance of fine lines and wrinkles.

Typical questions that are searched for on the Internet are at what age it's normal to first notice wrinkles – is it in your 20s or 30s, etc. We often compare ourselves to others and to people on social media. Maybe we fear that we are aging faster than our peers.

Instead of comparing ourselves with retouched images of people on social media, it's better to look at people around us. Some might get wrinkles a little earlier than others, but those lucky not to get wrinkles might have other problems, such as eye bags or a tendency to sagging skin. We easily become troubled by things that others don't notice.

There are many different anti-aging skincare products that can help with different signs of aging. There are also aesthetic treatments such as fillers and skinboosters that can help.[2,3]

Skin concerns in our 40s

When we are in our 40s, signs of aging are more prominent. Oily skin and outbreaks may no longer be a problem.

Instead, we may feel that our skin has lost a little bit of its elasticity and firmness and wrinkles have become more visible. Healthcare practitioners specialized in aesthetics can start to notice a phenomenon called bone resorption, that is, a loss of bone mass that can slightly change our facial shape.[3]

There can also be a loss of facial fat.[3] It's easy to focus on the negative aspects of aging but getting sharper facial features can in fact improve our looks.

If we want to prevent or treat signs of aging, both skincare products and aesthetic treatments such as fillers and skinboosters can help.[2,3] To get an individualized treatment that suits our own unique needs, it's important to consult a qualified healthcare practitioner who understands both anatomy and the results we want to achieve.

Skin concerns in our 50s

As we enter our 50s, loss of firmness and sagging skin can be more of an issue. We may think that our face has lost some of its definition. Wrinkles and folds have become more prominent.

Due to both sagging skin and bone resorption, there can be a tendency to have a "sad" appearance.[3] Healthcare practitioners notice changes in different layers of our skin.[3]

If we are considering aesthetic treatments to reduce the appearance of wrinkles, sagging skin and volume loss, they must be chosen carefully. The solution to our problems can be more complex compared to when we are in our 20s.

Sagging skin can be treated with appropriate skincare products but also with treatments such as Sculptra®, an injectable treatment that simulates the skin's natural collagen production.[4-7] Collagen is a structural protein that provides structure and shape to the skin. By stimulating the skin's own collagen production, the skin becomes firmer with less wrinkles and sagginess.[4-7]

Skin concerns in our 60s

When we are in our 60s, we generally experience multiple signs of aging. Healthcare practitioners can notice more pronounced signs of aging and loss of facial shape and definition.[3]

Although we don't aspire to look like teenagers, most of us still want to look our best. What we think is our best varies from person to person. Some of us are perfectly happy as we are, others may want to treat a few lines and

wrinkles, whereas others are more worried about the changes.

Depending on the results we desire, we may need several kinds of treatments. One step at the time and a bit of patience may be needed.

As for all other age ranges it's essential to always consult a qualified healthcare practitioner when considering aesthetic treatments.

As was mentioned in the beginning of this article, skin concerns can have an impact on our wellbeing and psychological health. Instead of judging others, we should acknowledge their right to feel their best at any age.

Continue reading: Nasolabial folds, marionette lines, glabellar lines and more – learn about wrinkles and how to treat them.

References

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