

Anti-Aging Tips & Treatments for Every Age

What works for your 20s to your 60s and beyond? Not the same products, according to Dr. Broumand.

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Fight the signs of aging at any age with tips and treatments. These must-have products and preventive treatments will help maintain healthy, youthful-looking skin from decade to decade.

In Your 20's

While in your 20's, prevention is the key to maintaining a healthy and youthful glow. Cleanse, moisturize and apply sunblock to keep skin looking vibrant and fresh throughout the decade.

Essential Product—A daily physical sunscreen like Zinc Clear SPF 30.

At-Home Treatment—Weekly exfoliation is recommended for healthy skin. Try DermaQuest Glycolic Cleanser 15% as a mask. Leave on for 10 minutes once a week and remove with warm water.

Professional Treatment—Deep Cleansing Facial with Microdermabrasion every 6-8 weeks.

In Your 30's

It's all about age prevention with dermal building, hydration and making your skincare regimen a priority in your 30's.

Essential Product—Focus on maintaining the hydration that is within the layers of skin with B5.

At-Home Treatment—Use a hydrating mask once a week, such as Collagen Hydrating Mask by DermaQuest.

Professional Treatment—Smooth out fine lines and wrinkles for youthful appearance with Botox, a relatively quick procedure that can have you back to your daily routine right after treatment.

Non-Surgical Treatment—Clear + Brilliant laser addresses early signs of aging and refreshes skin from the inside out. It is an easy treatment to add to your routine, much like the way you plan for a facial or a trip to the hair salon.

In Your 40's

Make your pigment a priority in your 40's!

Essential Product—Pigmentation problems will surface due to sun exposure and hormonal changes as well as loss of tone and elasticity. Shallow wrinkles around the eyes are more evident and they will deepen with the decade.

At-Home Treatment—Try DermaQuest Mini Pumpkin Peel – it's at home treatment rich in enzymes and antioxidants to exfoliate the skin while using Mandelic Acid to address pigmentation.

Professional Treatment—Juvederm works to smoothe out fine lines and wrinkles and add definition to facial features with no downtime and long-lasting effects. In addition, Belotero is an FDA-approved filler that has a soft consistency and is composed of hyaluronic acid. It works best to reduce the appearance of fine lines, crow's feet, lines between the nose and mouth and vertical frown lines.

Non-Surgical Treatment—Ultherapy is a non-surgical FDA treatment for tightening and lifting the skin with little to no downtime. This state-of-the-art treatment uses ultrasonic waves to stimulate and regain its firmness and elasticity.

In Your 50's

Freshen up your skin in your 50's by adding nutrient type age management and dermal building treatments to your skincare routine.

Essential Product—At this age you want a multitasking product that will address all the imperfections of the skin. Try Stem Cell 3D Complex.

At-Home Treatment—Use C- Lipoic Tx Mask by DermaQuest to scavenge free radicals and reduce the appearance of fine lines and wrinkles.

Professional Treatment—Possible upper/lower eyelids Blepharoplasty, which is a surgery that requires little downtime, it is affordable and requires little pain management.

Non-Surgical Treatment—The Revived Liquid Facelift involves a number of injectable cosmetic treatments designed to improve a variety of aesthetic issues without requiring excessive recovery time.

60's and Beyond

Lift and firm with a variety of options...

Essential Product—K Q10- Firming Cream by DermaQuest smooth's and reduces the appearance of wrinkle, while firming skin and improving uneven skin tone.

At-Home Treatment—Exfoliate with a mask once to twice a week.

Professional Treatment—A Face Lift is one of the most effective procedures available for those of us experiencing pronounced signs of age and fatigue of the face and neck.

Non-Surgical Treatment – Physician level TCA peel.

About the expert

Stafford R. Broumand, M.D. currently holds a faculty position as an Associate Professor of Plastic Surgery at Mount Sinai Hospital, directs his own plastic surgery practice in New York, and is board certified by the American Board of Plastic Surgery. Dr. Broumand has some of the most impressive credentials of any plastic surgeon within New York City. He attended medical school at Yale University and completed general surgery at Mount Sinai Medical Center. He trained in Plastic Surgery at the Massachusetts General Hospital/Harvard Medical School, then continued on staff at Harvard Medical School and completed a Fellowship in burn reconstruction at Massachusetts General Hospital/Shiners Burns Institute. Dr. Broumand then continued his training and completed another fellowship in cosmetic and craniofacial surgery in France at the College des Medicines de Paris, France-Hospital Necker. Along with his renowned awards, Dr. Stafford R. Broumand is an active member of the American Society of Plastic Surgeons, the American College of Surgeons, the New York Regional Society of Plastic Surgery, the Plastic Surgery Educational Foundation and the Massachusetts General Hospital Surgical Society. He is also the Vice President of the New York State Society of Plastic Surgeons.