

Health

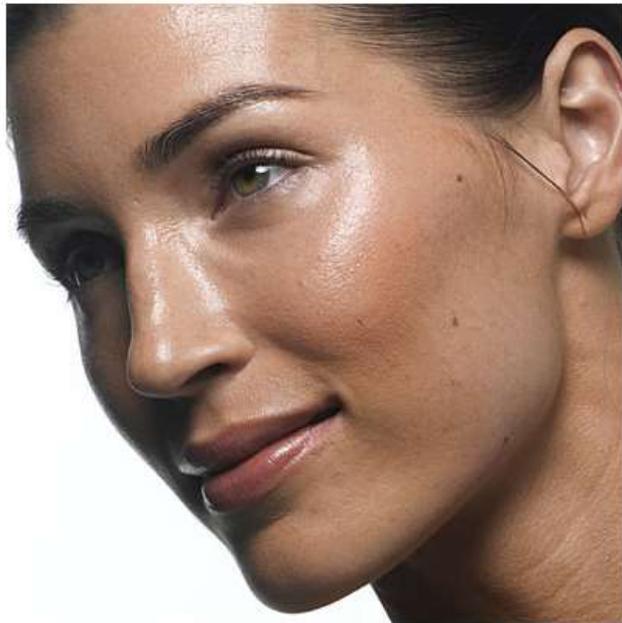
Mar 21, 2014

News & Views

10 Skincare Essentials for Women in Their 40s

March 19, 2014 | By Stephanie Nolasco, Fox News Magazine

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It happened practically overnight. That tiny crinkle at the corner of your eyes, which only appeared whenever you found something hilarious, has formed into a taunting wrinkle that won't go away and it's no laughing matter. All those sun-soaked days of summer's pasts? They're now pesky discoloration that not even heavy concealer can mask. Where did you go wrong?

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Here's the bad news: aging is inevitable. But the good news is you don't need to be blessed with perfect genetics to have youthful, glowing skin, no matter how old you really are. According to skincare experts, essential moisturizing products and a brand new skincare regimen are all you need to slow down the aging process and have softer, smoother features without caking on the makeup. Sure, Botox can easily eliminate that line or three, but fortunately, especially for those with needle phobias, there are other options

that don't require the unwanted pinch and are just as safe.

While experts say you should begin looking into anti-aging products once you hit the big 3-0, there's never a wrong time to revamp your regimen to keep looking as young as you feel. Find out what are the must-have skin essentials to keep those feared creases at bay. And check out the video above for five simple makeup tricks that can take years off your face.

Apply Eye Cream Religiously

In addition to sunscreen, experts say it's just as important to apply eye cream every night. Why? Simple—the delicate skin around your eye is the thinnest layer of skin on your body, one that needs loads of hydration to stay tight, avoiding pesky lines that can deepen with time. "Women in their forties will begin to see a loss of tone around the eye area," warns Dr. [Stafford Broumand](#), associate clinical professor of plastic surgery at Mount Sinai Hospital in New York. Whether you suffer from puffiness, dark circles, or dryness, everyone can benefit from using eye cream. Your dermatologist can help you recommend the best cream for your skin, which will take out the guesswork. And once you do find that perfect product, wear it every night.