

## When to start using anti ageing products

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**I'm turning 30 this year, from what age should I start using anti-ageing products and what should I start with?**



There is no "set age" at which you should start using specific products. Rather it is more important to use the appropriate products for the concerns that you can see on your skin.

So, for example, if you have noticed that you have started forming fine lines around your eyes, it's time to invest in a good quality eye product for fine lines.

If you have noticed that your skin has become a lot dryer, then it's time to invest in more active moisturisers and hydrating serums.

**So, the answer to your question is simply, what is bothering you about your skin?**

That will give you an idea of where to get started. One thing I will say, however, is you should always (regardless of your age or skin concerns) be wearing an excellent sunblock every day of your life.

**Dr Maureen Allem is a skin care expert at Skin Renewal. Ask her a question!**

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/when-to-start-using-anti-ageing-products>