

# mc SKIN SCIENCE

When it comes to keeping your skin looking young, refreshed and healthy, Dr Maureen Allem says the secret is 'to ensure that we keep the skin cells turning over at the same rate as young skin, which is roughly every 28 days'.

As we mature, the rate of cell replenishment slows down but there are active ingredients that can speed up the process. Maureen advises the use of retinoids and exfoliants: 'Retinoids play an essential role in normal skin functioning and levels are depleted daily. With age, many of the normal processes that keep skin looking young and healthy decline and, as such, the supplementation of the skin with an active retinoid alternative will show effective results,' she says.



### Lamelle

'This is a concentrated retinoid analogue cream used for the correction of epidermal and dermal photo or intrinsic ageing. It's also a pre-treatment prior to professional skin resurfacing. Apply it once daily, preferably at night.'

### SkinCeuticals

'This resurfacing and replenishing serum reinforces the skin's barrier. It is a 4-in-1 product for smoother, softer skin texture, diminishes lines and wrinkles, and improves skin-cell turnover.'

### NeoStrata

'This is a uniquely formulated product for all skin types that lightly exfoliates without drying the skin. In doing so, it stimulates the cell-turnover rate, which promotes natural radiance and skin health.'

### Dermaquest

'A glycolic-fortified cleanser for skin that cleanses without causing dryness or irritation, containing 15 per cent glycolic acid at a 3.25pH. You'll experience smooth texture and softer, more refined skin.'

### SkinMedica

'This advanced retinol complex product is great for those with ageing, sun-damaged or hyperpigmented skin who want to achieve firmer, smoother, more evenly toned skin.'

WORDS KELLY FUNG PHOTOGRAPHS SUPPLIED