

Radiant in your 40s: Your skin's best decade yet

No matter what they say, your 40s can bring some of the biggest skincare challenges. Some believe it's the beginning of the end; others will not scare you as much. While the feeling is overwhelming, the real secret to youthful skin starts with embracing ageing rather than fearing getting old. With some simple changes and smart skincare habits, you might actually find that you look better than you expected.

THE DAILY ROUTINE

Cleansing

The right cleanser can transform your skincare routine. Since you use it daily,



it's crucial to find one that suits your skin type rather than just following trends or influencer recommendations.

Exfoliation

Although not a daily step, exfoliating at least twice a week is essential. Choose an exfoliator with gentle ingredients to avoid damaging your skin barrier as harsh scrubs can strip away delicate cells, making your skin more vulnerable.

Moisturising

As we age, our skin loses moisture, leading to dryness and dullness. A good moisturiser helps keep skin hydrated, improves elasticity, and even conceals blemishes.

Sunscreen

This should become your best friend. In



your 40s, it plays a crucial role in reducing signs of ageing and protecting against harmful UV rays. Choose one with at least SPF 30 and reapply throughout the day.

Natural remedies

For those who prefer gentle, homemade treatments, ingredients like sandalwood (chandan), aloe vera, almond oil, yoghurt, and honey can work wonders. Skincare products containing natural extracts can also be incorporated into your routine for added benefits.

TARGETED TREATMENTS

For those looking to enhance their skincare beyond the basics, targeted treatments can address specific concerns like fine lines, uneven tone, and loss of firmness.

Retinoids: A must-have for reducing wrinkles, fine lines, and pigmentation. Start

with a low concentration and increase gradually to avoid irritation.

Eye cream: This helps with dark circles, puffiness, and crow's feet. Look for peptides and hydrating ingredients.

Hyaluronic acid: Boosts hydration, plumps the skin and minimises fine lines.

If you are unsure about specific treatments, consulting a dermatologist or skincare specialist in your 40s can be incredibly beneficial. Professional treatments like chemical peels, microdermabrasion, and laser therapy can help with skin texture, pigmentation, and collagen production for more visible results.

— LS Desk
Photo: Collected

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