#CHECK IT OUT

Essential skincare steps most people skip after turning 40

If your mirror shows growing dryness and sagging despite trying every moisturiser, you might be missing the true culprit. Rebuilding your skin's natural barrier — not buying ten different serums — is the missing key to youthful radiance.





WHAT CHANGES AFTER 40

Your skin often becomes drier, thinner, and more sensitive as you age. This change occurs because your skin retains less moisture. A decrease in collagen production makes fine lines, sagging, and wrinkles more noticeable. Additionally, years of exposure to ultraviolet (UV) rays can lead to uneven pigmentation, a rough texture, and an increased risk of skin cancer.

These changes are a normal part of ageing and do not warrant a harsh routine. In fact, mature skin typically benefits from less irritation and more consistency in care.



SUNSCREEN, EVERY DAY

This has turned into a cliché. Yet, people forget it every time they step out in the sun, or casually skip it because winter is coming. But to slow the ageing process and reduce the appearance of dark patches, it is essential to use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher on all exposed areas.

Apply sunscreen before going outside and reapply about every two hours while outdoors, or after heavy sweating. Additionally, seeking shade, sunglasses, and protective clothing can provide extra protection.

A GENTLE CLEANSER

To cleanse your face, use lukewarm water and a mild, fragrance-free cleanser. It is important to wash your face at night to remove sunscreen, makeup, sweat, and pollution. In the morning, a simple water rinse or a gentle cleanser is usually sufficient, especially for those with dry or sensitive skin.

Avoid harsh soaps and deodorant bars, as they can dry out your face.

A BARRIER-SUPPORTING MOISTURISER

If you are the one who picks up any cream from the supershop or sneaks moisturiser from your spouse's vanity, "barrier-supporting moisturiser" might seem like a Hebrew word to you. It is more like a moisturiser that not only hydrates your outer layer, but also protects and rebuilds it — something essential after 40.

Apply it soon after washing, while skin is still slightly damp. Look for fragrance-free formulas with glycerine, hyaluronic acid, ceramides, or peptides.

RETINOIDS AND RETINOL

Over-the-counter retinol is a milder option that can help improve uneven tone, texture, pigmentation, and fine lines. Start at night with the lowest-strength product available. Apply a pea-sized amount to completely dry skin two nights a week for several weeks.

Avoid the eyelids and the corners of the nose and mouth. It is also crucial to wear sunscreen every morning. Retinoids can increase sun sensitivity, and irritation may worsen discolouration.

By K T Humaira
Photo: Collected

#ON THE COVER

SILENT SPECTRE

This week, from folklore to psychology, we explore the many ways the supernatural inhabits our lives.

In our collective imagination, ghosts and spirits have long occupied a special place. The supernatural is deeply rooted in Bengali folk culture and through this special issue of Star Lifestyle we venture into the many dimensions of the paranormal and try to see why they fascinate, frighten, and intrigue us still.

We look at the superstitions that shape everyday life, and meet the person behind Bhoot FM, the radio show that brought listeners closer to chilling tales of the unexplained. We revisit Misir Ali, the iconic fictional character whose rational mind seeks to unravel the mysteries of human behaviour and the paranormal.

Alongside these explorations, we ask why horror holds such a powerful appeal, drawing us towards the very things we fear, and add a seasonal touch with Halloween-inspired recipes.

And on the cover, we bring to life our own interpretation of a Bengali ghost, reimagining a figure rooted in folklore through a contemporary lens.

-- LS Desk

