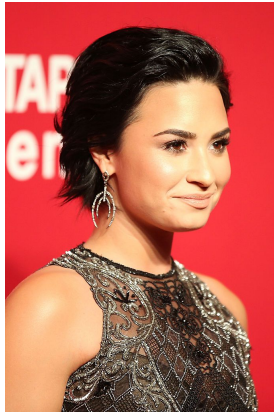


Your 20-Something Skin Looks Really Good

Keep it that way, with this guide from Renee Rouleau, celebrity esthetician to Demi Lovato.
By Chanel Parks

Do: Understand Your Skin



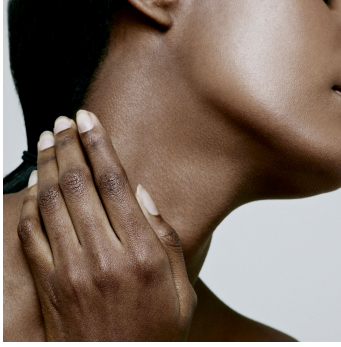
Demi Lovato: A woman who understands her skin, clearly. Photograph courtesy of Joe Scarnici/Getty Images

It's time to find out more about your skin type. "In your 20s skin is changing, and the focus is transitioning from breakouts into anti-aging," says Renee Rouleau. Take the quiz on her website (reneerouleau.com) to help identify your face situation. If you're still in doubt, consult a dermatologist.

"What's going on in the 20s is skin cells are regenerating fast, which means skin is still young and youthful-looking."

Do: Give Your Neck Some Love

"Someone once told me, 'You're only as young as your neck,'" Rouleau says. "Starting in your 20s, treat your neck as an extension of your face": use sunscreen, cleanser, moisturizer, and even your face exfoliator on the neck area.



Keep your neck in check. Photograph courtesy of Getty Images

Don't: Neglect Moisturizer

“Skin needs water to stay healthy, so use a moisturizer that’s appropriate for your skin type,” Rouleau says. If you’re worried by heaviness, try an oil-free formula.

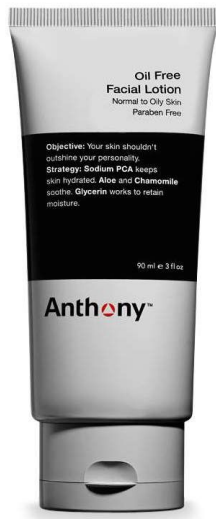
The Moisturizers



Lait-Crème Concentré by Embryolisse, \$28, [sephora.com](https://www.sephora.com).



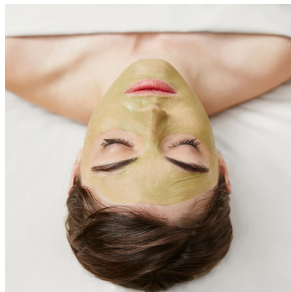
Facial Moisturizing Lotion PM by CeraVe, \$14, [ulta.com](https://www.ulta.com).



Oil-Free Facial Lotion by Anthony, \$30, birchbox.com.

Do: Indulge in Facials

Save up some money, because Rouleau suggest getting a facial every season. “Most people in their 20s need improvement on managing clogged pores, occasional breakouts, and discoloration left from said breakouts,” she says. These can be remedied with light chemical peels, but a facial is even more effective. “Deep pore-cleansing facials will clear clogged skin and even out skin tones.”

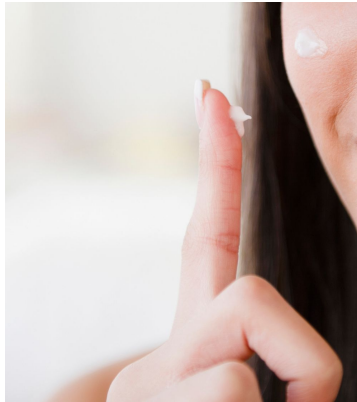


Admit it—you can’t wait to get a relaxing facial! Photograph courtesy of Getty Images

Don’t: Treat Adult Acne Like Teenage Acne

Just when you thought breakouts were over, there are some new blemishes in town, but for new reasons, including, possibly, prescribed medications. “If people are taking any prescription

medications, whether it's for acne or birth control pills—make sure to reassess things with your doctor and see if these prescriptions [internal and topical] or dosages are still appropriate.” Blemishes may also be more concentrated on your chin, which Rouleau says is most likely due to stress and hormones.



Spot-treating is key. Photograph courtesy of Getty Images

Instead of smearing acne-fighting products all over the place, only treat the irritated areas. Astringents and strong cleansers can be harsh, and using them on non-blemished areas can dry out skin. “Focus more on purchasing effective spot treatments,” Rouleau says, “and then just treat smaller areas.”

The Spot Treatments



Anti-Cyst Treatment, \$43, reneerouleau.com.



Clearly Corrective Dark Spot Solution, \$50, [kiehls.com](https://www.kiehls.com).



Super Spot Remover, \$16, [origins.com](https://www.origins.com).

Don't: Use Irritating Products

Rouleau suggests removing alcohol and sulfates, which can dehydrate skin, from your product lineup. Look for toners and cleansers—or really any skin-care goods—that don't include them.

The Alcohol-Free Toners



Hydrating Toner, \$28, [murad.com](https://www.murad.com).



Clarifying Treatment Toner, \$26, [katesomerville.com](https://www.katesomerville.com).

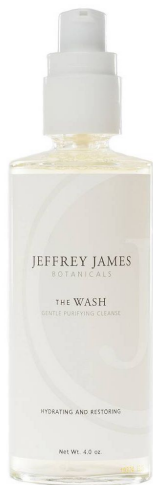


Alcohol-Free Toner, \$7, [neutrogena.com](https://www.neutrogena.com).

The Sulfate-Free Cleansers



Clear Complexion Cleanser, \$28, [boscia.com](https://www.boscia.com).



The Wash by Jeffrey James Botanical, \$19, [target.com](https://www.target.com).



Orange Essence Facial Cleanser, \$8, [burtsbees.com](https://www.burtsbees.com).

Do: Say Yes to Vitamin C

A lot of 20-somethings wonder if their routine should have an anti-aging component. The answer is both yes and no: “Young skin is already metabolically active,” Rouleau says, which means that skin is quickly regenerating and doesn’t need anti-aging ingredients such as peptides and vitamin A, which can be *too* stimulating.

“Sunscreen is the number one most biologically active anti-aging product on the planet.”

But if you want to get a head start on preventing fine lines and discoloration, start with something tame such as vitamin C. “Using a vitamin C serum every day is great—it’s like putting a bodyguard over your skin cells to prevent free-radical, sun, and environmental damage,” she says. Rouleau recommends applying these before sunscreen.

The Vitamin C Serums



Truth Serum Collagen Booster, \$72, olehenriksen.com.



C-Firma Day Serum, \$80, drunkelephant.com.



Vitamin C Serum, \$45, mariobadescu.com.

Do: Use Sunscreen, Duh

“Sunscreen is the number one most biologically active anti-aging product on the planet,” Rouleau says. Although people want to avoid greasy and thick formulas, that’s no reason to skip it: find a sunscreen that works for you (there are light ones out there, we swear!). Apply one ounce to your face and neck every day.

The Face-Friendly Sunscreens



Daily Protection SPF 30, \$38, reneerouleau.com.



Primer Broad Spectrum Sunscreen SPF 25 by Black Up, \$45, [sephora.com](https://www.sephora.com).



SPF 50 Mineral Sunscreen Fluid for Face, \$26, [clinique.com](https://www.clinique.com).

Do: Invest in an Eye Cream

A lightweight eye treatment will help brighten your eyes and fight the effects of partying, studying, and working overtime, all of which can cause dark circles.

The Cool Eye Creams



Vitamin C Eye Brightener, \$60, renerouleau.com.



Lotus Youth Preserve Eye Cream, \$43, fresh.com.



Eye Cream by Somme Institute, \$72, spacenk.com.