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Natural face masks for mature skin

Under pressure to promote more self-care, face masks are at the forefront. The good news is that they are well spent time for your skin. Masks are super trendy, but unlike other beauty fads, I think they have real staying power because they can actually be very beneficial to the skin, says S. Tyler Hollmig, M.D., director of dermatological surgery at UT Dell Medical School and Ascension Seton in Austin, Texas. As he explains, face masks are occlusive, which means that they sit on top of the skin and lock or increase the penetration of their components. (It's similar to smacking some plastic sheeting on your skin, a technique that dermatologists use in the office, he says.) As you probably found out, the market is flooded with masks. It can be head-scratching, for sure, but with all the options, you can easily find one based on your skin concerns or type. The goal of the mask determines the ingredients, says Heidi Waldorf, M.D., of Waldorf Dermatology Aesthetics in Nanuet, New York, and an associate professor of clinical at the Mt. Sinai School of Medicine in New York. For example, if you are looking for a moisturizing mask, you will find moisturizing ingredients such as hyaluronic acid inside; masks aimed at resiving glow may include fine exfoliators such as alpha hydroxylic acid (AHA). RELATED: Skin Care Dictionary Every woman needs Then depending on what you are looking for treatment, here is how to find the right mask to suit your skin type or problem: 1. If you're acne-prone, Sopa Up Oil with a clay mask When you fight breakouts on a regular basis, you're always looking for another great thing to help clean your skin. In fact, the mask will only do so much. It's important to find a daily regimen to keep acne under control. [rather than relying solely] on a weekly mask, says Dr. Waldorf. Still, using a clay-based mask - she likes a Caudalie cleansing mask - can help make the skin look and feel better, she says. Waldorf points to its ingredients, such as salva, which helps fight inflammation, according to past research, zinc, which a survey published in July 2014 in the journal Dermatology Research and Practice showed it can fight bacteria; and of course clay, which previous studies have shown can help cleanse dirt from pores by sweating you. These components work together to banish breakouts at source. Try Caudalie cleansing mask; \$39; \$39. Sephora.com2. If your skin needs an increase in brightness, go for a gentle exfoliant When the dying cells on the outer layer of the skin build up, you may notice that your skin looks dull. If you have problems with pigmentation or acne that involves blackheads or whiteheads, you can additionally benefit from exfoliation that peels off these old cells and reveals newer, brighter looking cells underneath, according to the American Academy of Dermatology (AAD). Usually I like masks that balance hydration alongside the active ingredient, which is mild exfoliant or alpha hydroxy acid (AHA), says Dr. Hollmig. If you are not familiar, AHAs are chemical compounds, which include glycolic and lactic acid, for CosmeticsInfo.org. (These differ from beta hydroxy acids, or BHA, the most famous of which is anti-salicylic acid.) Because some people sound that the exfoliation process can be irritating, which means it causes your skin to burn or become red, you may face that potential reaction with a good moisturizer. Glow Recipe Watermelon and AHA Glow Sleeping Mask is one example. It supplies AHAs (thanks to lactic and glycolic acids, the study noted) to remove dead cells and even tone, plus hyaluronic acid for moisturiser, as a study published in May 2016 in the German journal MMW Advances Med found. Another tip against possible irritation, says Hollmig, is to use an AHA mask weekly or several times a week before use daily. Try Glow Recipe Watermelon and AHA Glow Sleeping Mask; \$45; \$45. Sephora.com3. To address hyperpigmentation, look for specific botanical repetition can be from pimples that left a red mark behind, or as a result of too much sunlight that led to dark spots, according to AAD. Skin treatment means interrupting the pigmentation process, from stopping cells from pumping melanin (pigment in the skin) to decomposing it on its surface. Along with adequate sun protection (to stop the darkness from getting worse), there are several plant ingredients that act as lighteners. Mario Badescu's bleaching mask contains coyotic acid, mulpoise, and licorice root. Research published in the Journal of Cutaneous and Aesthetic Surgery has shown that all three of these components show promise in attacking pigment by inhibiting melanin production, reducing inflammation and providing antioxidant properties. Try Mario Badescu whitening mask; \$24; \$24 Ulta.com4. If you have dry skin, look for ingredients like hyaluronic acid The more common message if you have skin prone to dryness is that it is perfectly suited for the mask. Face masks are an amazing tool to widen the skin's natural barrier and maintain moisture, says Hollmig. Dry skin is more than just unpleasant. As AAD points out, dry skin can crack, causing irritants and bacteria into the skin that can even lead to infection. Masks are occlusive - something that sits on top of the skin and prevents loss of moisture. After using one, you'll likely see that your skin becomes less dry and flaky, and more plump and moist, he says. Hollmig recommends looking for a mask that contains top-notch moisturisers such as hyaluronic acid, ceramides or squalene. Research, for example, has shown ceramides that help repair the skin barrier, noted a study published in February 2018 in Pharmaceutical Research. Still, watch out for ingredients like AHAs, which as an exfoliator can cause peeling, so you want to observe how your skin reacts when you use them, says Hollmig. One option is the hugely popular My Skin Mentor Dr. G Aqua Collagen Mask, sold beauty website Soko Glam. The tin mask moisturizes with hyaluronic acid, hyaluronic acid, and extract of aloe leaves. Try My Skin Mentor Dr. G; \$30 for a pack of 10 disposable sheet metal masks; SokoGlam.comRELATED: Step-by-step instructions on how to use vitamin C serum5. If you have sensitive skin, try one with Skin Pacifiers When your skin reacts easily and erupts in redness, stinging, burning, or itching in response to environmental factors (from heat to sun to topical products), it may be sensitive, noted a study published in March 2016 in Acta Dermato-Venerologica. As such, it can be difficult to find anything compatible with your skin. Waldorf recommends going for a mask that is just moisturizing. It is also useful to look for one that is hypoallergenic, which means it is less likely to cause irritation. The Avène Soothing Leaf mask is alcohol- and smell-free, has a short list of ingredients (so there's less chance that something is there to cause a reaction), and it soothes with thermal spring water. In a past review, the researchers noted that this water, which naturally contains trace minerals, acts as an anti-inflammatory and reduces the immune response that triggers symptoms. Try Avène Soothing Leaf Mask; \$9.50 per sheet; Dermstore.com6. If you're looking to reduce fine lines and wrinkles, look for silicone lines and wrinkles to appear after collagen and elastin, the supporting structures in the skin, begin to crumble, according to Dermstore.com. In addition, the skin becomes drier, something that impairs the appearance of the lines. This means that the mask can only do so much when it comes to wrinkles. Most of the benefits of masks come from the fact that they deal with the appearance of skin hydration lines, says Waldorf. One sound option, says Hollmig, is a silicone pad that plumps into the outer layer of the skin to help smooth out wrinkles, he explains. (Wrinkled Schminckles Forehead Wrinkle Remover Pads are one such product.) Silicone pads absolutely help smooth the forehead of the line, says Hollmig. Fair warning: I would expect the results to be only temporary, as well as an actual moisturiser, he says. These do not contain the active substance to stimulate collagen production, so you will see the short-term benefits of hydration. The advantage is that you can use these in targeted ways before a night out or an important event. Try Wrinkle Schminckles Forehead Wrinkle Remover Pads; \$29.95 for 20 to 30 uses; Amazon.comRELATED: What is collagen? Health benefits, food sources, dietary supplements, types, and More7. If your skin is dull and arid from travel, look for antioxidants One of the great benefits of masks is their ability to naturally moisturize the skin by helping the outer layer reduce 'transepidermal water loss,' which is the loss of natural moisture when water evaporates from the skin, says Hollmig. That's probably what happens if you're traveling by plane. Travel is really the skin. The air on the plane is super dry, causing the skin to be dull and can even cause cracking and irritation, he says. (Forgetting about hydration with drinking water can also contribute to boredom.) And just like the entire travel process can cause psychological stress and zap sleep, it also physically stresses the skin by forcing it to adapt to the new environment, Hollmig adds. In addition to moisturizing, you'll want to revive jet-lagged skin with antioxidants like vitamin C. Summer Fridays Jet Lag Mask combines antioxidant vitamin C to restore glow and hyaluronate soda (a form of hyaluronic acid) to restore moisture. It's also gentle enough to be applied to the eye area and doesn't have to be washed off (just rub in excess), which is useful when you're halfway through. Try Friday's Summer Jet Lag Mask; \$48; \$48. Sephora.com Sephora.com

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