

## 4 Important Skincare Tips for Older Men

Written by AZFoothills.com

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As men get older, their skin undergoes changes just like women's skin does. Collagen and elastin production decreases, leading to wrinkles, fine lines, and sagging skin. The skin also becomes thinner and loses fat, making it appear less plump and smooth. Additionally, skin cell turnover slows down significantly. This causes a buildup of dead skin cells, making the complexion appear dull and lifeless.

While it's impossible to completely turn back the hands of time, incorporating a smart skincare routine can help older men's skin look its absolute best. Here are four important skincare tips for older men.

### 1. Cleanse Twice Daily

As men age, their skin produces less oil which means it doesn't get as oily as when they were younger. However, the skin still needs to be cleaned of pollutants, dirt, sweat, and other impurities it accumulates throughout the day. Cleansing morning and night will help remove debris that can clog pores and lead to breakouts.

Look for a mild cleanser that won't overly strip the skin. Avoid harsh soaps or products [with sulfates](#). Opt for a gentle face wash with ingredients like glycerin to hydrate the skin while cleansing.

### 2. Exfoliate Regularly

Exfoliation is key for sloughing off dead skin cells that tend to build up more quickly as men get older. This leads to a dull complexion and clogged pores. Exfoliating 2-3 times a week reveals newer, fresher skin cells below for a more youthful appearance.

Chemical exfoliants with [alpha hydroxy acids \(AHAs\)](#) like glycolic acid or lactic acid are ideal for mature skin. They gently dissolve the "glue" holding dead skin cells together. Or use a scrub with jojoba beads or a brush head that won't irritate the delicate skin on the face. Always moisturize after exfoliating to avoid dryness.

### 3. Moisturize Daily

One of the biggest skincare mistakes men make is skipping moisturizer. The skin naturally loses lipids and moisture as it ages. Using a moisturizer twice a day helps hydrate parched skin, plumping it up and minimizing the look of fine lines and wrinkles.

Look for a lightweight, non-greasy formula that absorbs quickly. Ingredients like hyaluronic acid, ceramides, aloe vera, and glycerin work wonders for boosting and sealing in moisture. If the skin is very dry, use a heavier night cream after cleansing in the evenings. Invest in products from skincare ranges that understand the differences between male and female skin, such as [Dr Dennis Gross Skincare®](#).

### 4. Always Wear Sunscreen

UV exposure is responsible for up to 90% of visible signs of aging. Sun protection is a must year-round to prevent further sun damage, wrinkles, dark spots, and skin cancer. Apply a broad spectrum sunscreen with an SPF of 30 or higher to all exposed skin 15 minutes before sun exposure. Reapply every 2 hours if you will be outdoors for an extended period of time.

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Seeking shade, wearing protective clothing, and avoiding the sun during peak hours are other ways to protect the skin from solar damage. Don't forget that UV rays penetrate clouds so sunscreen is still a must on cloudy days.

Incorporating these simple yet vital skincare habits into the daily regimen can significantly improve the look and feel of mature men's skin. With some diligence about proper cleansing, moisturizing, exfoliating, and sun protection, men can slow down aging skin and maintain a more youthful, healthy complexion.