



You and Improved

The skin specialist is in: We sat down with Tiffany Bucciarelli, Director of Education for Peter Thomas Roth Clinical Skin Care, to talk about ageless beauty

What do you think are the most common skin ailments we tend to face?

Fighting the signs of ageing: fine lines and wrinkles, skin tone and texture, age spots and environmental damage.

How do you think living in this region affects our skin and can we do to help counteract it?

Environmental damage is more than just the sun—it's pollution too, and going from extreme temperatures where it's really chilly inside (people like the air

conditioning here!) and then going outside where it's very humid and hot. It's really hard for your skin to stabilise itself throughout the day when you're moving between those different climates, but you're also exposing yourself to environmental damage. [We need to focus on] providing stability throughout the day, but also focuses on protection. That's why a lot of our products that we're bringing here focus on protection—with SPF 30 or higher—but also on cellular turnover, which is bringing

those beautiful youthful looking cells forward and getting rid of those dry and dehydrated skin cells. Having a day and a nighttime routine is also going to help stabilise your skin in a very different way.

What are your top 5 anti-ageing skincare tips?

1. Exfoliate. That's probably the most misused step in a skincare regimen. Really making sure that you're exfoliating is going to prepare your skin and bring the youthful skin cells to the surface. How often depends on your skin type: If you have sensitive or dry skin, once or twice a week will suffice. If you have dry or oily skin, at least two to three times, or for some people even five times a week.
2. Picking a skincare routine that focuses on your conditions whether that's anti-ageing, skin discoloration or pore size.
3. Consistency: With most anti-ageing products you need to use them two times a day for 28 days to be able to see the result.
4. Find a really powerful serum—they're the step that's the most potent with the highest-level ingredients that will penetrate deep into your skin. I recommend our Unwrinkle serums—they're fantastic for fine lines and wrinkles.
5. Hydration: People [tend to] overlook this. Our Rose Stem Cell Bio Repair Precious Cream helps to retain moisture, and we have a lot of awesome masks in our line that help do this too, like our Cucumber Gel Mask. No matter what your skin type, you should be using a mask two to three times a week.

Athletes are often out in the sun and shower many times a day—are there any special precautions we should take for our skin with this kind of lifestyle?

I'm a firm believer that natural oils in your skin aren't bad—your skin has a pH level and it looks its best when its at its natural pH. Our skin is slightly acidic, so when you cleanse

your skin what you're doing is removing that natural oil from it, on top of removing makeup and dirt—so when it comes to cleansing or overcleansing, it's really about listening to your skin. It doesn't talk to you, but it will scream to you! It will tell you if it's dry, or if it's oily—it's about finding that natural pH balance where it looks its best. During seasons when it gets really hot here, for instance—maybe you cleanse your skin less when it's more dry, or when it's more humid you cleanse it more. Try to really adjust your skincare routine based on the climate or time of year that it is, or the activity that you're doing. If you're doing a lot of activity—running, swimming—it can inhibit the pH level in your skin as well. Find the natural level where your skin looks its best then adjust it based on that.

Could starting an anti-ageing routine too young damage your skin?

I don't believe it's ever too young to start fighting the signs of ageing. Unfortunately we're all ageing every day, so the earlier you start the better, but that doesn't mean you have to start with harsh chemical peels—start with something gentle on the skin like our Rose Bio Repair line, for instance. Typically in your 30s, your cellular process starts to slow down, kind of like your metabolism does, so when you reach your 30s you really want to start acting more aggressively. So this is when you start upping your skincare regime. In your 40s you begin to lose some elasticity—the plumpness and youthfulness—and in your 50s your skin starts to go south, so you really start to lose firmness, volume and elasticity. We have a solution for all stages in your life, but it's never too early—or too late—to start! ■

The Peter Thomas Roth Clinical Skin Care line recently launched in the Middle East and is exclusively available at Sephora.