

## FACE MAKEUP

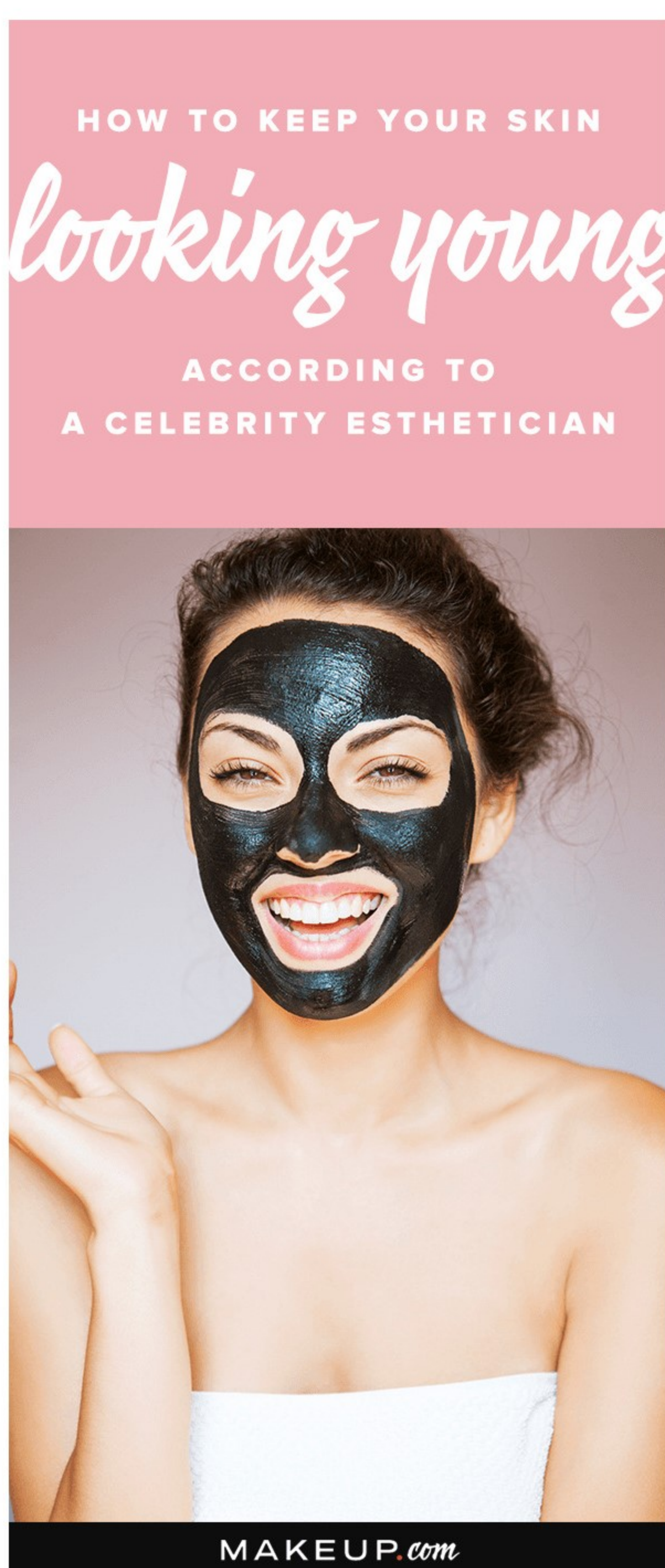
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HOW TO KEEP YOUR  
SKIN LOOKING  
YOUNG, ACCORDING  
TO A CELEBRITY  
ESTHETICIAN &  
SKINCEUTICALS  
BRAND AMBASSADOR



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When it comes to hitting up the skincare aisle, we get it, sometimes you feel like you need a biology degree to understand what the hell all of it means! There are a *ton* of products out there with high-tech, exotic-sounding ingredients and complexes, promising to give you the appearance of younger-looking skin--and it's all very confusing and mind-numbing. That's why we called on celebrity esthetician and SkinCeuticals brand ambassador [Klara Chruszcz](#) to give us the low-down on what we really need to know and use to get skin that looks radiant and youthful.



## USE ANTIOXIDANTS

"There are five keywords to remember when building your anti-aging skincare regimen: SPF, lubrication, antioxidants, hydration and exfoliation. To keep your skin looking young, use products that can help prevent and protect your skin from free radicals and UV exposure--both of which age and damage the skin. I recommend **SkinCeuticals** products [C E Ferulic Serum](#) and [Phloretin CF](#), which are formulated with potent antioxidants that help protect your skin against environmental aggressors. Both can be applied daily under a sunscreen, such as **SkinCeuticals Physical Fusion UV Defense**," says Klara. Use a pea-sized amount and smooth over your entire face.

### GIVE SPECIAL ATTENTION TO YOUR EYES & LIPS

Klara also stresses the importance of taking care of the delicate skin around your eyes and lips. She suggests **SkinCeuticals AOX Eye Gel**. Split a pea-size amount and use your ring finger to blend from inner to outer corners of the eyes and over Crow's feet.

For lips, she recommends using a product like **SkinCeuticals Antioxidant Lip Therapy**, which can help moisturize and restore dry lips. Blend over lips whenever they start to feel like they need some TLC.

### DON'T NEGLECT YOUR HANDS & NECK

These are often the first areas to show signs of aging because they're usually exposed to the elements making them susceptible to visible damage. She uses **SkinCeuticals Neck, Chest & Hand Repair** on her clients. It's specifically formulated for these areas, and can help brighten and hydrate skin, while also smoothing and improving skin texture (which tends to get wrinkled and crepey as we age).

## GET REGULAR FACIALS

How often should you *really* get a facial? Klara recommends seeing your facialist once a month, but you can always alternate between more intensive treatments and general maintenance like a steam and extractions.

At her spa in New York City, [Klara Beauty Lab](#), she's known for performing a customized, two-hour treatment called **the Imperial Facial**, which focuses on resurfacing, repairing and restoring the skin. The facial is followed by a brief microdermabrasion session and enzyme or chemical peel (she uses **SkinCeuticals Sensi Peel** on clients with sensitive skin). And of course, no treatment would be complete without a facial massage! She suggests working a peptide serum into your skin paying special attention to your neck, décolletage and upper hand area.

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What's your favorite anti-aging product? Tell us in the comments below!