

Beauty

FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL

Future-proof your skin

It goes without saying that applying SPF is one of the most important things we can do for our skin. But what if it's no longer enough? A new study has found that there's a growing problem with skin sensitivity (including irritation, redness and dullness) as a result of pollution. In fact, by 2035, environmental pollution will be *the* biggest trigger of skin sensitivities, according to trend trackers, LS:N Global.

Melbourne dermatologist and Mohs surgeon, Dr Adam Sheridan, says that you can help protect your skin from potential irritation triggered by pollution with skincare products that are formulated to create a barrier between your skin and our harsh environment. And more powerful treatments are on the way. "Studies are ongoing into the benefits of [ingredients such as] DNA repair agents, growth factors and stem cell products," Dr Sheridan says. "As always, a healthy balanced lifestyle will mean a resilient base from which to defend against the slings and arrows of modern life."

So what can you do to look after yourself? Ensure your skin stays calm and protected from the many irritants in the air by looking out for anti-pollution products. These include skincare that contains ingredients such as ceramides and niacinamide – which form a defensive shield on the skin – along with powerful antioxidants like vitamins C and E, which help combat free-radical damage.