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SKINCARE

The best skincare routine for mature skin, according to dermatologists

Meet your antiaging lineup.

BY GRACE MCCARTY

27 November 2025



Senior woman with face cream on light background, closeup. Space for text Olga Yastremska/Getty Images

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Our skin is constantly evolving, which means changes to our regimens are sometimes needed — especially when it comes to finding the best skincare routine for mature skin.

While almost every [skincare routine](#) checks the same basic boxes — cleanse, treat, moisturise, repeat — mature skincare routines also typically target concerns like fine lines, loss of elasticity, and hyperpigmentation.

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According to [Dendy Engelman, MD](#), a board-certified cosmetic dermatologist, skin cell turnover slows down as we age, and our [collagen](#) and elastin production starts to decline. In addition, [vitamin C](#), and [peptides](#) can go a long way, but building a consistent routine is key for mature skin. We asked dermatologists and skin care experts for the best skincare routine for mature skin. Ahead, you'll find...

- [The best morning skin care routine for mature skin](#)
- [The best nighttime antiaging skin care routine](#)
- [Common mistakes to avoid when building a routine for aging skin](#)

Best skincare for mature skin buys:



Dr. Barbara Sturm The Good C Vitamin C Serum

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The best morning routine for mature skin

Think of your morning skin care routine as your skin's best defence. Your morning routine focuses on protecting the skin from UV exposure. [PA-C](#), board-certified physician associate and founder of [Azala Skin](#) include:

Gentle Cleanser

“Use a mild, hydrating [cleanser](#) (cream or oil-based are good options) to support your skin's natural moisture barrier,” says [Angela Lamb, MD](#), director of [Lamb Dermatology Practice](#).

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Serum

While not essential, a morning serum is a great opportunity to work on your skin's health without overwhelming your skin at night. "Vitamin C is a potent antioxidant that protects the skin from UV rays and free-radical damage from stress and pollution," says Dr. Palmer. "It also helps to build collagen and fade areas of hyperpigmentation."

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If you're noticing more dryness in your skin throughout the day, you need an extra shot of hydration. Look for a formula with peptides or hyaluronic acid, which can hold up to 1,000x its weight in water, giving skin a plumper, smoother appearance. "Hyaluronic acid combats dehydration," explains Whitney Hovenic, MD, double board-certified dermatologist.

Kate Somerville HydraKate Power Plumping P

£74
SEPHORA

Kate Somerville HydraKate Power Plumping P

- **Key ingredients:** Hyaluronic Acid, Centella Asiatica
- **Skin type:** All skin types.
- **Fragranced?** Lightly fragranced.
- **Cruelty-free?** Yes.

Why we love it: As someone who lives for products that make life easier, this one is a total win. It's a 3-in-1 serum - aka - a serum, moisturiser and primer packed into one chic, colourful bottle. The hyaluronic acid gives skin that juicy, plumped-up feel, while the primer element creates a smooth, radiant base, so makeup glides on like a dream.

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Yes, it's one of the pricier serums on the list, but here's where the *girl math* comes in: you're essentially getting three products in one, and the bottle is far bigger than most. For me, anything that's going to save me time (and shelf space) is worth the investment - oh, and the results are pretty good too. - [Shani Cohen](#), Glamour's Beauty Commerce Writer.



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Moisturiser

“Mature skin is often drier, so apply a good quality, fragrance-free, keep skin hydrated,” Dr. Lamb says. “Look for ingredients like hya

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Dr. Barbara Sturm Clarifying Face Cream

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SPF

If your daily moisturiser doesn't include sun protection, make sure to add a layer of broad spectrum SPF every day — yes, even if it's winter or you're planning to be inside all day. "Sun protection is essential, especially on the face, neck, and hands, as UV exposure is one of the biggest drivers of visible aging," Brezavseck says. Shop more of the best sunscreens here.

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The best evening routine for mature skin

While the morning skin care routine is all about prep and protection, your skin works hard while you're sleeping (without pesky environmental concerns). "Because the skin's natural repair processes slow with age, nighttime skincare is important," Brezavseck says. Here's what you should use:

Cleanser

Since you're washing your day off (sweat, makeup residue, dirt) you need a cleanser that works hard at night, like a foaming formula rather than a balm. But since mature skin is more sensitive, Dr. Lamb still says to avoid harsh soaps.

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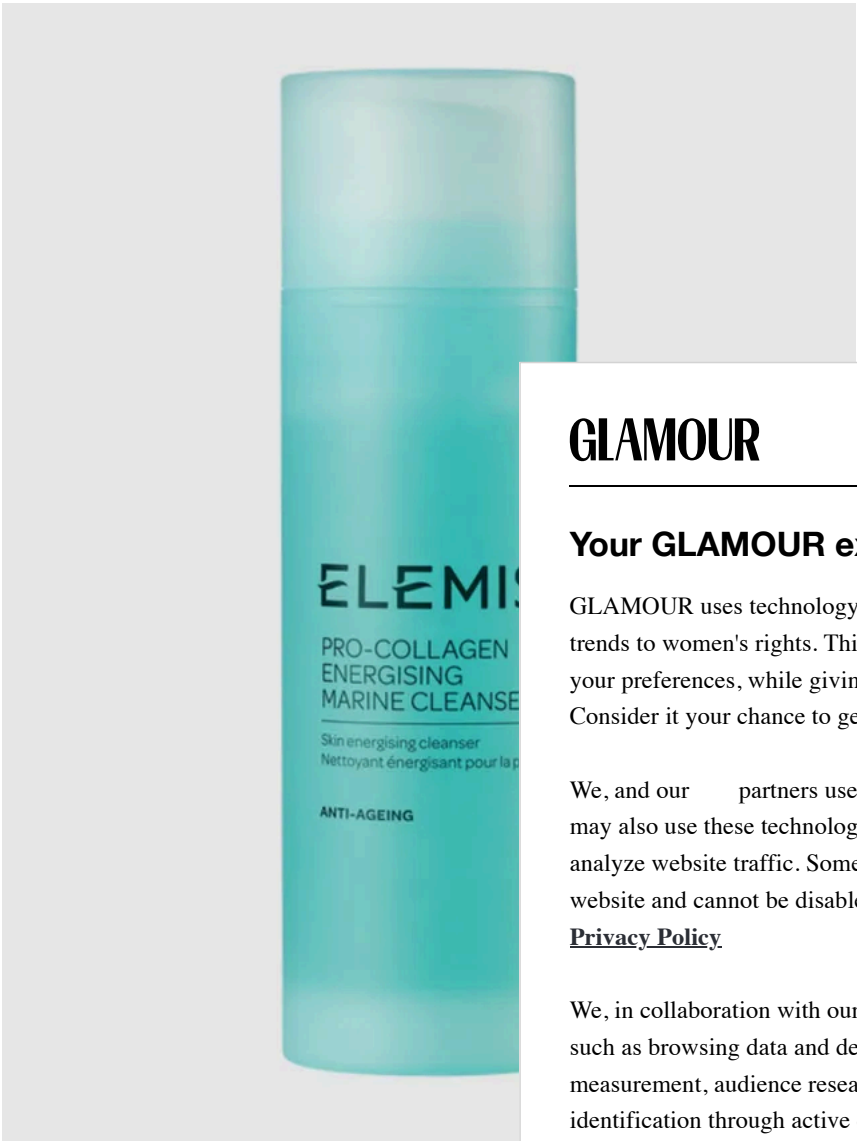
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Retinol or retinoids

Retinol tends to be the centre-piece of the of the antiageing skin care routine and for good reason: “Retinol stimulate cell turnover, increases collagen production and decreases the appearance of fine lines and wrinkles. It has also been shown to regulate oil production and decrease inflammation and hyperpigmentation,” says board-certified dermatologist [Dr. Debbie Palmer](#).

That endorsement might make you want to start drenching your face in [retinol serum](#) nightly, but if you’re totally new to the ingredient — and especially if you have sensitive skin — start slow.

Kiran Mian, MD, a board-certified dermatologist at Hudson Dermatology & Laser Surgery, recommends starting out with a pea-sized amount of retinol cream or serum to your whole face once a week. Look out for signs of irritation, and gradually increase use (up to every other night) according to your skin's tolerance.

Medik8 Crystal Retinal 1 Serum

£45
MEDIK8

Medik8 Crystal Retinal

- **Retinoid concentration:** 0.01% to 0.2% retinol
- **Form of retinol:** Retinaldehyde.
- **Suitable for sensitive skin?** Yes.

Why we love it: Made with retinaldehyde – a next-generation retinoid – this product is available in 5 different strengths. In our opinion, it is perfect for both beginners and more experienced users.

Tester: Denise Primbet, GLAMOUR's Beauty Editor

Kate Somerville Mega-A Skin Transforming Serum

£74
SEPHORA

Kate Somerville Mega-A Skin Transforming Serum

- **Retinoid concentration:** Not specified.
- **Form of retinol:** Retinal.
- **Suitable for sensitive skin?** Yes.

Why we love it: Gentle enough for everyday use, this serum is designed to improve elasticity to make your skin feel firmer. Suitable for all skin types – and yes, that includes sensitive skin.

The texture is silky and lightweight, so it sinks in without leaving any residue, making it an easy step to slot into your evening routine. Over time, the formula helps soften fine lines, refine uneven texture and boost radiance, all while avoiding the dryness and irritation that retinol products are often known for.

Tester: Mayola Fernandes, GLAMOUR's Commerce Writer.

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Targeted Treatment

This is where you can tailor your nighttime routine to your unique skin care concerns. It's generally best to avoid pairing retinoids with other chemical exfoliants or harsh ingredients, but if you think your routine needs another active, there are additional options.

Niacinamide — “a multitasking ingredient that improves skin barrier function, minimises pores, reduces redness, and enhances o

verall tone and elasticity,” is a common, layer-able addition to anti-ageing skin care routines, Dr. Hovenic says. She identifies growth factors as another nighttime multitasker: “These peptides support collagen synthesis and regeneration helping to firm and rejuvenate aging skin.”



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COSRX The Niacinamide 15 Serum

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Rich moisturiser

“The skin produces less oil and loses moisture more easily with age, making rich, emollient moisturisers and hydrating serums vital,” Dr. Lamb says. A rich night cream is essential to lock in the hydrating benefits of the rest of your skin care routine, and ensure that aging skin doesn’t lose critical moisture while you’re sleeping.

Medik8 Advanced Night Restore Rejuvenating Multi-Ceramide Night Cream

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Common mistakes to avoid in your mature skin care routine

We've covered what you should be doing to take proper care of your skin as it matures. Here's what you should avoid.

Skipping SPF

Sunscreen is not a special occasion product. If you're only using it on sunny days spent outdoors, it's time to find a permanent place for it in your morning skin care routine. Take it from the expert: "I can't say this enough — apply a broad-spectrum sunscreen with at least SPF 30 every morning to all exposed skin (including the neck and hands) to prevent further UV damage, which is a primary cause of visible aging," Dr. Lamb says. Brezavseck also notes that skin on the neck and hands tends to show earlier signs of sun damage, so remember to apply SPF anywhere that's exposed.

Overdoing it with actives

Once you start noticing changes in your skin, you may feel like you want to throw every antiageing skin care ingredient at once. But combining too many can do more harm than good.

"Mature skin benefits from a gradual approach, so it's important to avoid over-exfoliating, which can lead to irritation and compromise the skin barrier," Dr. Lamb says. [Body+Beauty Lab](#).

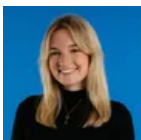
Sometimes, the simplest approach is the most effective. "One common mistake is to address your concerns as opposed to addressing your concerns with a targeted approach. When building your mature skin care routine, start with the basics and then add targeted ingredients for concerns that aren't improving."

Insufficient moisturising

If you take nothing else from this guide to your mature skin care routine, Dr. Lamb says, "moisture matters." As you mature, priorities change from managing issues like [acne](#) to focusing on hydration and repair. That means avoiding harsh, stripping products and using plenty of day and nighttime emollients. In short: Hydrated skin is happy skin, especially in winter.

More mature skin guides from Glamour:

- [Best facial cleansers for ageing skin](#)
- [How to apply foundation to mature skin](#)
- [Best body lotions for mature skin](#)
- [Best concealer for mature skin](#)
- [Best primers for mature skin](#)
- [Best foundations for mature skin](#)



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Grace McCarty is the Associate Beauty Editor at *Glamour*, where she covers beauty and wellness news, trends, and burning questions through a pop culture lens. Grace is based in Manhattan, and studied English with concentrations in creative writing and fashion at Fordham University. Previously, she has held a staff position ... [Read More](#)



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