

I asked five dermatologists for anti-aging skin care recommendations, and they all said the same thing

There are so many anti-aging products out there — it's enough to make your head spin. There are creams, serums, masks, and so much more, all of which claim to turn back the hands of time, helping to reduce wrinkles and smooth out your skin. But what really works?

To figure out what products I should be using in my skincare routine, I reached out to several dermatologists and asked what they recommend for anti-aging products. Surprisingly, they all said the same thing: If nothing else, you **need to be wearing sunscreen every day**.

“Using sunscreen on a daily basis is the best anti-aging topical treatment,” says [Dr. Gary Goldenberg](#), medical and cosmetic dermatologist. “UV [rays] not only damage the epidermis and cause skin cancer, but they also thicken the dermis and subcutaneous fat, making the skin look dull and gaunt.”

However, as someone with oily skin, I admit that I don't use sunscreen daily, as it often leads to blemishes and breakouts. The good news, though, is that EltaMD just released a new sunscreen that's specifically designed for my skin type.



EltaMD

[EltaMD UV Clear Blemish-Prone & Oil Balancing SPF 50](#)

This newly launched sunscreen formula is specifically designed for and tested on acne-prone skin. It offers SPF 50 broad-spectrum protection against the sun's UV rays, but its carefully chosen ingredients double as skin care, helping to reduce blemishes, excess oil, and pore size. With regular use, it will also promote a visibly clearer, healthier-looking complexion over time.

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Dr. Goldenberg isn't the only one who gave me this advice — I spoke to four other doctors who all echoed the sentiment:

- “Daily sun protection is non-negotiable,” says [Dr. Hannah Kopelman](#). “UV exposure is the number one cause of premature aging! I tell all my patients to wear a broad-spectrum SPF 30 or higher every day, rain or shine.”
- “[Wear] sunscreen every single day,” recommends [Dr. Jason Emer](#). “Early skincare should begin during the teenage years and 20s.”
- “Wear sunscreen! Every single day, no matter the weather, apply SPF 30 or greater to your face, neck, chest, and hands — especially on

skin that is exposed,” recommends [Dr. Geeta Yadav](#).

- “Prevention remains the most effective strategy [to prevent signs of aging],” says Dr. [Sachin M. Shridharani](#), board-certified plastic surgeon. “Comprehensive reviews show that an SPF of 30 or higher protects against UV-induced collagen degradation, pigment changes, DNA damage, and photocarcinogenesis.”

Bottom line? All the anti-aging serums in the world are moot if you’re not protecting your skin from the sun!

Prices were accurate at the time of publication. Curious about how we test and choose products at AOL? Here’s [a quick explanation](#), from our editors.

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