

# Back to BASICS

Tailor your skincare routine according to your age



KARLIE KLOSS

## 20s

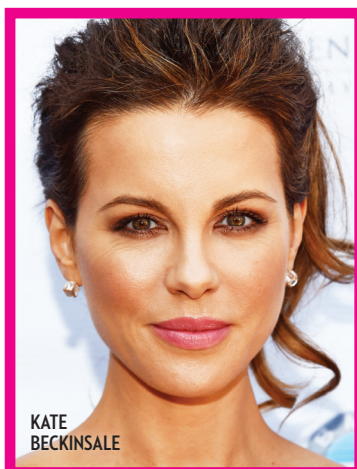
At this age, we like to think we're invincible, but 'burning the candle at both ends results in a tired and dull complexion', says Olay skin expert Amy Erbacher. You may also notice dark spots, sagging skin, fine lines, dry patches and enlarged pores. 'Introduce a simple regime and use products with multiple functions. Look for antioxidants, B vitamins (niacinamide), vitamin E and SPF.'



ALESSANDRA AMBROSIO

## 30s

Once you hit your thirties, 'There's a change in texture with lines, pigmentation, age spots and an impaired skin barrier, which is due to lifestyle factors like stress, lack of sleep, sun exposure and an overload of abrasive treatments and peels,' says Amy. These accelerate the ageing process, so 'introduce retinoids, such as vitamin A, peptides and hyaluronic acid'.



KATE BECKINSALE

## 40s+

From 40 onwards, dryness is common and skin cell renewal slows down. Use a gentle exfoliator with AHAs to speed things back up. Amy recommends 'more moisturising humectants, such as glycerin, skin conditioning oils like rosehip and jojoba, as well as more peptides and hyaluronic acid.' Add a nourishing night cream to minimise dehydration.



78% of women are confused about which skincare they should be using at different ages\*

## PLUMP IT UP!

Indulge in a mini facial at home with this clever gizmo. It uses micro-current technology to plump and smooth your skin, while the massaging movement encourages blood flow, improved circulation and definition. Simply move up and out in sections using the provided gel, skipping to the next area when it beeps.



TRINITY ANTI-AGEING DEVICE \$458 NUFACE MECCA.COM.AU

# MANAGING Gestational Diabetes

Amcal can offer expert advice and assistance for women who have been diagnosed with gestational diabetes, helping you manage the condition throughout your pregnancy



Diabetes is a condition which affects the body's ability to utilise sugar (glucose) for energy. Instead, glucose remains in the bloodstream. Over time, this can increase the risk of long-term health complications.<sup>1</sup> Gestational diabetes is a common form of diabetes which affects 5-10 per cent of pregnant women. Usually occurring between the 24th and 28th weeks of a pregnancy, gestational diabetes has no single cause. Instead there are a number of contributing risk factors such as:

- Family history of type 2 diabetes
- Weight
- Previous history of type 2 diabetes
- Cultural background
- Previous medical history<sup>1</sup>

For most women with gestational diabetes, management usually involves monitoring blood glucose levels, healthy eating and appropriate physical activity. When properly managed, gestational diabetes should have no impact on the health of your baby.<sup>2</sup>

Once the baby has been born, gestational diabetes will usually disappear. However, having gestational diabetes will increase your risk of developing type 2 diabetes in the future.<sup>2</sup> As a result, it is important for women who have been diagnosed with gestational diabetes to continue to maintain a healthy body weight, eat healthy and maintain regular exercise after their pregnancy.<sup>2</sup>



For expert advice on all types of diabetes, including gestational diabetes, speak to your Amcal pharmacist today.

1. Diabetes Australia (2015). Gestational Diabetes. Retrieved from www.diabetesaustralia.com.au/gestational-diabetes  
2. Diabetes Australia (2015). Managing gestational diabetes. Retrieved from www.diabetesaustralia.com.au/managing-gestational-diabetes