How to help prevent and manage neck wrinkles

Many of us pay plenty of attention to the skin on our faces while completely forgetting about the more delicate area of the neck. But the neck is actually a vital area to include in your routine as the dermis - the layer of skin that holds collagen - is actually much thinner in this area. This means that it also produces fewer lipids, making the skin barrier weaker and more prone to ageing signs and damage.

Read on to find out how to care for the skin on your neck and treat pre-existing ageing signs effectively.



Causes of premature ageing

UV damage

Protecting your neck each day with broad-spectrum sun protection is the most effective ways of preventing premature UV ageing while also helping prevent pre-existing skin damage from becoming worse. SkinCeuticals Ultra Facial UV Defense Sunscreen SPF 50 is formulated with UV filters that help prevent UV-induced collagen breakdown and dark spots and has an ultra-lightweight texture that doesn't leave behind any stickiness or residue.

Tech neck

'Tech Neck' is another common problem that is believed to also create premature ageing of the neck. It's thought to be caused by looking down at a computer or phone for long periods of time throughout the day which can put a strain on the muscles in the back of the neck. This not only causes musculoskeletal issues but can increase the impact of gravity and the natural loss of elasticity in the skin.

Yo' phone up to eye level to avoid looking down so often and introducing regular stretches int an', for exa

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wall and your head straight. Walk the feet away from the wall and allow your body to follow but your head remains on the wall. If you do this twice a day it can help the neck to feel lighter.

Managing pre-existing neck wrinkles

If you already have ageing signs on your neck, you'll need a targeted treatment to help improve skin texture and elasticity. SkinCeuticals Tri-Peptide R Neck Repair, for instance, draws on a high-performance retinol formula that is clinically proven to improve the appearance of fine lines, wrinkles, loss of elasticity, and smoothness on the neck. It does this through a hydrating delivery system with a tri-functional technology of three key ingredients: 0.2% pure retinol, 2.5% tripeptide concentrate and 5.0% glaucine complex.

Together this potent formula is clinically proven to visibly improve signs of ageing on the neck. Tri-Peptide R Neck Repair can also be used as home care following in-clinic treatments at a practitioner's discretion such as Under-Chin Cryolipolysis (Cool Sculpting) and Radiofrequency skin-tightening treatments.

Your recommended skincare routine

Step 1: After cleansing, apply an antioxidant such as C E Ferulic serum to dry skin. Step 2: Follow with Tripeptide-R Neck Repair to target ageing signs and a loss of elasticity on the neck. Step 3: Lock hydration into the skin by applying Triple Lipid Restore 2:4:2 to the face, neck and chest.Step 4: End your routine with Ultra Facial UV Defense SPF. Apply to the face, neck and chest.

This product is recommended as homecare and should not be applied to broken or irritated skin. Follow home care routine only as directed by a practitioner.

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