

BEAUTY TIP

“Don’t spray perfume on your neck or décolletage area as it can react with the sun to cause redness and pigmentation,” says dermatologist Michelle Hunt.

Rewind the clock on your décolletage

The skin on our neck and chest is often one of the first areas to show signs of ageing. **Sheree Mutton** reveals how to care for your décolletage.

Most of us take extra care to moisturise and apply sun cream to our faces each day, but few of us continue this skincare routine down to our neck and chest. If you have been neglecting this area, it might be starting to show signs of premature ageing. The good news is that there are a range of skincare products specifically for the décolletage that can help target hyperpigmentation (dark spots) and wrinkles, giving you a more youthful-looking chest for longer.

Changes in the skin

The skin on the neck and chest area is quite different to the skin on your face. It has no hair follicles, only a few oil glands and is much thinner. However, the skin in this area ages just like the rest of our sun exposed skin, says Sydney dermatologist Michelle Hunt. “The collagen and

elastin in our skin starts to break down, leading to fine lines and wrinkles, and loss of elasticity, [resulting in] sagging,” she explains. “Our skin thins, making it more fragile and slower to heal. We also see the signs of photoageing such as brown spots, pigmentation and redness/broken capillaries.” While the majority of sun damage to the neck and chest area happens during our childhood and adolescence, more damage can be minimised.

Celebrity facialist Melanie Grant says the reason skin covering our neck and décolletage is so delicate is because it has less >>

BEDTIME BEAUTY

“If you’re able, try sleeping on your back or use a silk pillow slip and wear silk pyjamas to prevent creasing. I also use a richer, heavier moisturiser at night to keep this area protected and supple,” says celebrity facialist Melanie Grant.

The majority of sun damage to the neck and chest happens before we are 30.

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“Our collagen, elastin, oil and natural hydration levels all deplete naturally as we age. This causes our skin to become thinner, more crepe-like and lax,” says Melanie Grant.

BEAUTY TIP

Apply a good quality, broad-spectrum SPF 50 sunscreen to your face, neck and décolletage every day to prevent sun damage.



Our experts recommend taking face serums, moisturisers and sunscreens down the bust every day, as this area is exposed to the elements as much as the face.

underlying fat and tissue. “This, combined with slower cell turnover and fewer oil glands to maintain firm and supple skin, make this area more susceptible to premature ageing and damage,” she says. “I often see women as young as 30 with severe hyperpigmentation and sun damage on their décolletage.” Melanie says the main concerns of women include crepiness, age spots, sagging (“turkey neck”) and reddening of the neck and décolletage, along with dilated capillaries and cherry angiomas. “This is especially true for Australian women living in such a harsh climate,” she adds.

Prevention

To prevent damage to the décolletage, use a quality moisturiser and broad-spectrum, SPF 50+ sunscreen every day. “The best approach is to start taking care of this area as early as

possible,” says Melanie. “I always recommend taking your serums, moisturisers and especially sunscreen down to your bust each and every day,” she adds. “This area is exposed

to the elements almost as often as our face. Avoid using harsh active products or abrasive scrubs because the skin is sensitive.” Melanie also recommends wearing a higher neck blouse or top if you are going to be outside and exposed to the sun during the day.

Dr Hunt suggests incorporating antioxidants into your skincare regimen to prevent further damage to the area. “Use a moisturiser containing an antioxidant [such as vitamin E, vitamin C or vitamin B3] to protect against free radical damage from the sun and pollution,” she advises. “Creams containing AHAs [alpha hydroxy acids] or vitamin A derivatives [retinols] can also be used on this area providing they don’t irritate the skin. These help improve skin tone and texture, and stimulate collagen production, thus reducing fine lines and wrinkles.” Melanie Grant agrees: “AHAs, retinoids, peptides and antioxidants can yield wonderful results for skin that’s already damaged, although I’d recommend seeking guidance from a skin professional as to what products are best for your individual concerns,” she says. “For severe damage, laser, Intense Pulsed Light (IPL), skin peels and light therapy can repair damage and restore a more even skin tone and texture. Do your best to seek out a reputable clinic as this area can be tricky to treat due to its delicate nature,” she adds. **AWW**

Products we love



1. Clarins Super Restorative Décolleté and Neck Concentrate, 75ml, \$120.
2. Skin Republic Neck + Décolletage Repair, 38ml, \$7.99. 3. Jurlique Herbal Recovery Neck Serum, 30ml, \$95. 4. Save Our Skin by INNOXA DécoLift, 30ml, \$59.95.
5. Wrinkles Schminckles Chest & Décolletage Smoothing Kit, \$42. 6. Sisley Paris Neck Cream, 50ml, \$200. 7. Dr Hauschka Regenerating Neck and Décolleté Cream, 40ml, \$114. 8. Natio Renew Neck & Décolletage Cream, 100g, \$24.95.

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