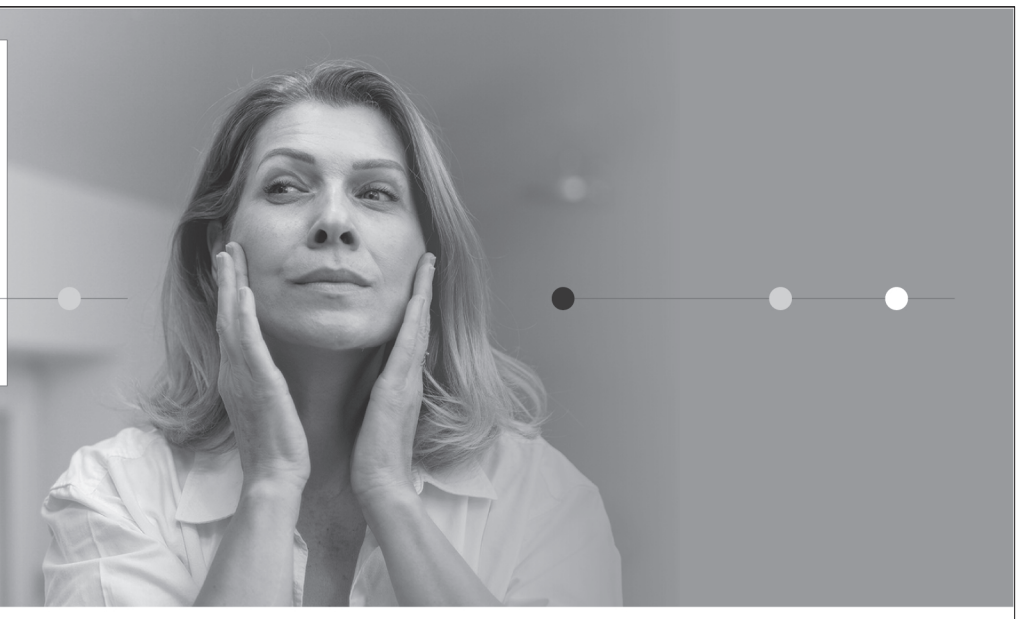
TOWN TRIBUNE (203) 746-4669
ADVERTISING@THETOWNTRIBUNE.COM

Longevity Skincare





The New Face of Anti-Aging

A pro-longevity skincare approach goes beyond improving the skin's appearance today. It emphasizes protecting long-term skin health, supporting normal cellular function and addressing the biological processes associated with aging.

A growing category of longevity-focused ingredients like peptides, NAD+ precursors and exosomes are emerging in topical skincare products, as well as some supplements and aesthetic treatments. While some show promise, the science is evolving, and benefits vary depending on the ingredient, formulation and method of delivery. **Here's a closer look at some of the ingredients you may be seeing on shelves and in spas:**

Peptides: These short chains of amino acids may support processes involved in collagen production and skin repair. In skincare, certain peptides are marketed to improve the appearance of fine lines, wrinkles and loss of firmness. Copper peptides (GHK-Cu) are a specialized category that has attracted attention for their potential role in skin repair and collagen synthesis. Clinical evidence supporting the benefits of topical peptides is limited, and results depend on the specific peptide and formulation.

NAD+ Boosters: Nicotinamide adenine dinucleotide (NAD+) is a coenzyme involved in cellular energy production, metabolism and DNA repair, and research suggests that NAD+ levels generally decrease with age. NAD+ precursors, including nicotinamide mononucleotide (NMN), are being explored for their potential to support cellular function and skin health, but their effectiveness in topical skincare remains an emerging area of research.

Exosomes: Exosome-based products may be derived from different biological sources, and are marketed in skincare serums and moisturizers for skin rejuvenation and post-procedure recovery for their potential role in tissue repair, inflammation reduction and cellular signaling. Their use is sometimes promoted alongside clinical procedures like microneedling and laser resurfacing. As of 2026, clinical evidence supporting these applications is still developing, and there are currently no FDA-approved exosome products in the United States. Consumers should exercise caution with treatments marketed as regenerative therapies and ask providers about regulatory status, safety, risks and supporting clinical evidence.

Tried-&-True Longevity Tips *for the Skin & Beyond*

Regardless of which skincare products or supplements you choose, some of the most effective ways to support healthy aging don't come in a bottle. **Research shows these everyday habits can benefit your skin while supporting overall health and functional longevity:**

Protect yourself from sun damage. Use a broad-spectrum sunscreen with SPF 30 or higher, and supplement protection with hats, sunglasses and sun-protective clothing. According to the Skin Cancer Foundation, UV radiation from the sun accounts for 80% to 90% of visible skin aging.

Make regular exercise part of your routine. According to the National Institutes of Health, regular exercise can improve skin health and appearance through better circulation and stress reduction. Research shows exercise can also boost mitochondrial function, protect bone density against osteoporosis and reduce the risk of cognitive decline.

Prioritize stress management and quality sleep. Chronic stress and inadequate sleep can affect inflammation, immune function and the body's normal repair processes. Establishing healthy sleep habits and focusing on stress management can support skin health, overall well-being and healthy aging.

Avoid smoking and limit alcohol consumption. Smoking and heavy alcohol use significantly accelerate visible skin aging, according to the National Institutes of Health. Smoking contributes to premature skin aging by damaging collagen and elastin and reducing blood flow to the skin. Excessive alcohol consumption may contribute to skin dehydration and inflammation.

Follow a nutrient-rich, balanced diet. Including plenty of fruits, vegetables, legumes, whole grains, fish and other fresh foods rich in vitamins, phytonutrients and healthy fats can help reduce inflammation and support healthy aging.

The bottom line? Taking a comprehensive, longevity-focused approach to maintaining healthy skin can also support the body's natural functions and promote wellness at every age!

Help *or* Hype?

Daily sunscreen and moisturizer remain the cornerstones of an effective anti-aging skincare routine. While emerging ingredients like peptides, NAD+ precursors and exosomes may offer exciting new possibilities, ingredients such as retinoids, hyaluronic acid and vitamin C may present more budget-friendly options with stronger clinical support for addressing certain signs of skin aging. If you're ready to update your routine with a focus on skin longevity, talk with a dermatologist or qualified skincare professional about the ingredients and treatments best suited to your skin type, concerns and goals.

