



TODAY

BEAUTY

The best anti-aging serums, according to dermatologists and editors

You can thank us later.

By Jenna Clark Oct. 2, 2024



Although aging is a natural process and is nothing to be ashamed or embarrassed about, there are some products on the market — including anti-aging serums — that can be used to accompany the process to reduce the visible effects of aging on the skin.

Frequently Asked Questions

How often should anti-aging serum be used?

However, “the key here is consistency, so using it daily if tolerated is ideal,” says **Connie Yang**, board-certified dermatologist. Following the instructions on your serum is critical to prevent overuse and skin irritation.

Who should not use an anti-aging serum?

Although many people can benefit from anti-aging serum, **Yang** notes that individuals with particularly sensitive skin may want to avoid anti-aging serum, in addition to teenagers (it is an unnecessary part of their skincare routine and as use can potentially lead to rashes and skin

Meet the experts

- **Connie Yang, MD** is a New York City-based board-certified dermatologist at **PFRANKMD by Dr. Paul Jarrod Frank**.