Skin Cycling is the New Sunscreen—Don’t Skip it!

2 MIN READ

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At Super Age, we don’t believe in anti-aging.

Which is why we found this standout episode of the Mayo Clinic podcast, ***Aging Forward* podcast**, with Dr. Saranya Wyles, dermatologist and research chair at Mayo Clinic’s Center for Aesthetic Medicine, so refreshing. Her perspective on skincare ditches outdated “anti-aging” language in favor of something much more aligned with the Super Age ethos: pro-longevity.

Rather than chasing youth, Dr. Wyles invites us to see skin health as a reflection of deeper vitality. Skin, after all, isn’t just about aesthetics—it’s a frontline organ, regulating temperature, protecting against environmental stressors, and signaling internal wellness. A pro-longevity approach means choosing rituals that nourish, regenerate, and evolve *with* you.

What Pro-Longevity Skincare *Actually* Looks Like

Dr. Wyles doesn’t just research skin longevity; she lives it. Her real-world recommendations are all about consistency, not perfection. Here’s how to support your skin’s function, resilience, and glow, no 10-step routine required.

1. Leave Sunscreen in the Car

Daily SPF is essential but easy to forget. Her tip? Keep a bottle in your car for on-the-

go application, especially to high-risk areas like the face, neck, and backs of the hands. Sun protection is about longevity.

2. Rotate Your Antioxidants (Yes, Even Vitamin C Has a Shelf Life)

Vitamin C is a skin hero, but it's finicky. Look for formulas that are stable and plan to repurchase 2–3x a year to avoid oxidation. Beyond C, peptides and other antioxidant-rich formulas offer powerful support for repair and defense.

3. Retinol Is Still the Gold Standard

Retinol and Retin-A aren't trends; they're backed by decades of data. One clinical trial even found that consistent use of over-the-counter retinol produced results on par with a single in-office CO? laser treatment. The takeaway? You don't need fancy tech, just consistency.

4. Respect the Skin-Gut-Brain Axis

Emerging research shows the connection between your skin, sleep, microbiome, and mood. Think Mediterranean diet, hydration, and deep rest. When you sleep better, your skin literally repairs more efficiently.

5. Try Skin Cycling for Sanity and Results

Overwhelmed by products? Don't use everything every day. Dr. Wyles practices *skin cycling*—a rhythm-based approach to skincare that includes exfoliation one night, retinol another, and rest days in between. The result: less irritation, better absorption,

and more joy in your routine.

6. The Future of Regenerative Beauty

Looking ahead, Dr. Wyles is most excited about the rise of regenerative dermatology—from 3D bioprinted skin to bio-stimulating treatments that activate your body's natural repair systems. This is where science and skin meet sustainability: not to reverse age, but to work in harmony with it.

The Bottom Line? What Dr. Wyles makes clear is this: radiant skin is about supporting your body's evolution with tools that work. The pro-longevity mindset mirrors what we believe at Super Age: thriving skin isn't a goal—it's a practice.

Listen to the full *Aging Forward* podcast episode **here** for more.

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