



### The seven signs of ageing

You look in the mirror and feel that you look a little different, but can't quite work out what it is? Dr Joseph Hkeik says that if you're over 30, it's likely what you're seeing is the beginning of one or more of the following signs of ageing. They are:

- Fine lines and wrinkles
- Rough skin texture
- Uneven skin tone
- Skin dullness
- Visible pores
- Blotches and age spots
- Skin dryness