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7 easy ways to diminish wrinkles right at home, according to doctors

Here's how to tweak your skin-care routine ASAP to reduce signs of aging, no pricey in-office treatments required.



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Hey, wrinkles happen — but if you'd like to minimize 'em, here's your no-Botox battle plan. (Getty Ima...[More](#)

Confession: I have over 30 serums, toners, face masks and moisturizers in my [skin-care collection](#). Do I use them all? No — at least not all at once. But I'm constantly trying out recommendations from friends and being influenced on social media to buy the next "Botox in a bottle." Yes, I know that wrinkles are a natural part of getting older, but I'd love to [slow down the clock](#) and keep them from *really* settling in.

Unfortunately, the truth is that no topical products are going to be as effective as [in-office treatments like Botox](#), fillers or laser facials. However, if you aren't comfortable with needles or don't want to pay hundreds (or sometimes thousands!) for one appointment, I spoke to doctors to find out the best ways to prevent and diminish wrinkles at home with the help of a solid skin-care routine.

Wear sunscreen

Every dermatologist I've ever spoken to about anti-aging starts by recommending an SPF. "Daily broad-spectrum sunscreen remains foundational to any anti-wrinkle regimen, since continued UV exposure actively drives the collagen breakdown that retinoids and antioxidants work to counteract," says [Dr. Michele Green](#), a board-certified NYC cosmetic dermatologist.

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If you're worried about an SPF clogging your pores, get a [non-greasy, noncomedogenic formula](#), and reapply frequently throughout the day.



CeraVe Invisible Mineral Face Sunscreen
SPF 50

\$14 at Amazon



La Roche-Posay Anthelios UVAir
Sunscreen Serum SPF 50

\$40 at Amazon



EltaMD UV Clear Face Sunscreen SPF 46

\$47 at Amazon

Apply a retinoid or retinol regularly

"Retinoids remain the best-studied at-home option for softening fine lines, reducing discoloration and improving overall skin texture," says Green. However, keep in mind that you'll have to make an appointment with your dermatologist to get one, because retinoids are prescription-only.

Retinol, retinoids' milder sister, is [available over the counter](#). It gradually increases cell turnover and stimulates collagen production to smooth your skin over time.

"Prescription-strength retinoids contain retinoic acid, which is the active form that can immediately work on the skin, while over-the-counter retinol requires several steps of conversion before it can start acting on the skin," says [Dr. Teresa Song](#), a board-certified dermatologist at Marmur Medical in NYC. She adds that Adapalene (found in acne medications like [Differin](#)) is most similar to a prescription-strength retinoid.

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That said, if you have sensitive skin, either of these may cause some irritation. Song suggests gradually adding a retinoid or retinol to your routine, using it only once or twice a week to start, and utilizing the "sandwich method" to apply it. "Start with a gentle cleanser at night, then follow with a cream moisturizer, apply your retinoid, and then repeat with the moisturizer," she explains. She also recommends using only a pea-sized amount for your whole face and holding off on using other active or exfoliating ingredients until your skin can tolerate it. (FYI, it may take several weeks for your skin to get used to it.)



Differin Adapelene Gel Retinoid Treatment

\$13 at Amazon



Paula's Choice Clinical 1% Retinol Treatment

\$13 at Amazon



CeraVe Resurfacing Retinol Face Serum

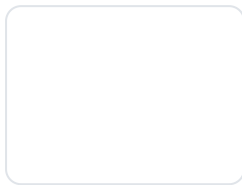
\$10 at Amazon

Try retinol alternatives

If you've tried retinoids and retinols, and your skin is not tolerating them (breaking out, turning red or drying up), there are some gentler alternatives you can try for exfoliating your skin. Song says some ingredients to look for are alpha hydroxy acids (AHAs) like glycolic acid, lactic acid and mandelic acid, and polyhydroxy acids (PHAs) like gluconolactone acid and lactobionic acid.

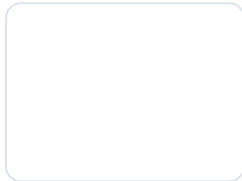
"AHAs and PHAs are gentler acid options to use due to their larger molecule

size, which leads to less penetration and works slower on the skin," Song says. "Mandelic acid is typically more gentle than lactic acids ... [and] PHAs are generally more gentle compared to AHAs."



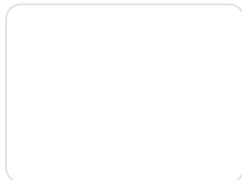
The Ordinary 10% Lactic Acid +
Hyaluronic Acid Exfoliating Serum

\$9 at Amazon



Paula's Choice 6% Mandelic + 2% Lactic
Acid Liquid Exfoliant

\$37 at Amazon



Sunday Riley Good Genes All-in-One
Lactic Acid Treatment

\$85 at Amazon

Apply antioxidants like Vitamin C during the day

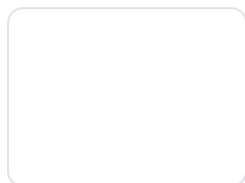
Antioxidants, particularly [vitamin C](#) or L-ascorbic acid, have been shown to stimulate collagen, reduce pigmentation and stop harmful, unstable oxygen molecules from the sun's rays from damaging your skin cells.

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"Vitamin C contains L-ascorbic acid, making it an effective way to protect your skin against sun damage and reduce wrinkles," says Green. "When combined

with other ingredients such as vitamin E and hyaluronic acid, vitamin C is even more effective."



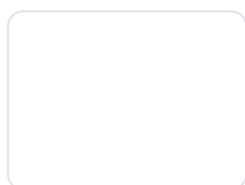
Derma E Vitamin C Concentrated Face Serum

\$22 at Amazon



Timeless Skin Care Vitamin C Serum

\$22 at Amazon

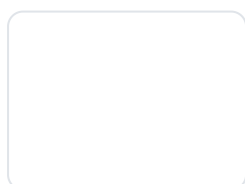


Drunk Elephant C-Firma Fresh Day Serum

\$79 at Amazon

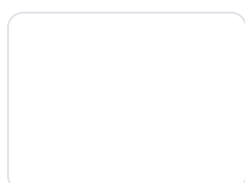
Use topical peptides

"**Peptides** act as a signaling molecule that encourages the skin to behave as if it needs repair and rebuilding, rather than directly inhibiting the enzymes that break down collagen," Green shares. In other words, peptides can significantly decrease lines and wrinkles, and as a bonus (especially for people with sensitive skin), there's a low risk of skin irritation.



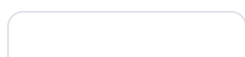
The Ordinary Multi-Peptide Anti-Aging Serum

\$32 at Amazon



Mario Badescu Super Peptide Serum

\$45 at Amazon





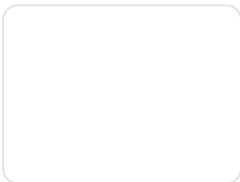
SkinCeuticals P-tiox Anti-Wrinkle Peptide Serum

\$150 at Dermstore

Hydrate skin with hyaluronic acid

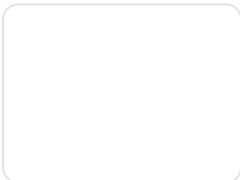
Hydration is an important step in keeping your skin barrier healthy. However, it can also help reduce the appearance of wrinkles. [Hyaluronic acid](#) works by drawing in and holding water in the skin, so it can lessen the appearance of fine lines. Green calls it an "ingredient worth prioritizing, particularly for patients whose wrinkles are made more visible by dehydrated, deflated-looking skin."

You can also use it as a hydrating layer beneath a retinoid to offset some of the dryness the latter may cause.



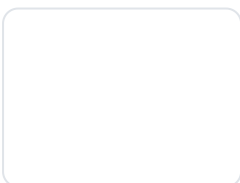
Naturium Quadruple Hyaluronic Acid Serum

\$12 at Amazon



Vichy Mineral 89 Booster Hyaluronic Acid Serum

\$22 at Amazon



La Roche-Posay Hyalu B5 Hyaluronic Acid Serum

\$40 at Amazon

Use an LED face mask consistently

[LED face masks](#) may look like something out of an old-school horror flick, but they're worth trying (if not just for freaking out your significant other, pets or kids). They can stimulate collagen, boost cellular energy, reduce inflammation and improve fine lines and skin elasticity.

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Song calls in-office treatments "the gold standard," but says at-home devices can complement your skin-care routine. "LED lights, specifically in the red (630-630 nanometer) and near-infrared (830-850 nm) wavelengths, have been shown to decrease wrinkles," she says.

Green adds that you need to use an LED mask regularly over several weeks to see visible improvements in fine lines and skin elasticity. "Results from at-home devices tend to be gradual and modest compared to in-office treatments, and the quality of the device matters quite a bit, since many consumer versions deliver a much lower intensity than what's used in professional settings," she says. "Used consistently, though, they can be a helpful addition to a broader skin-care routine."



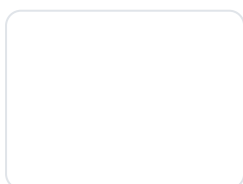
Shark CryoGlow LED Face Mask

\$349 at Amazon



TheraFace Therabody Mask Glo

\$380 at Amazon



Omnilux Contour Face Mask

\$395 at Omnilux

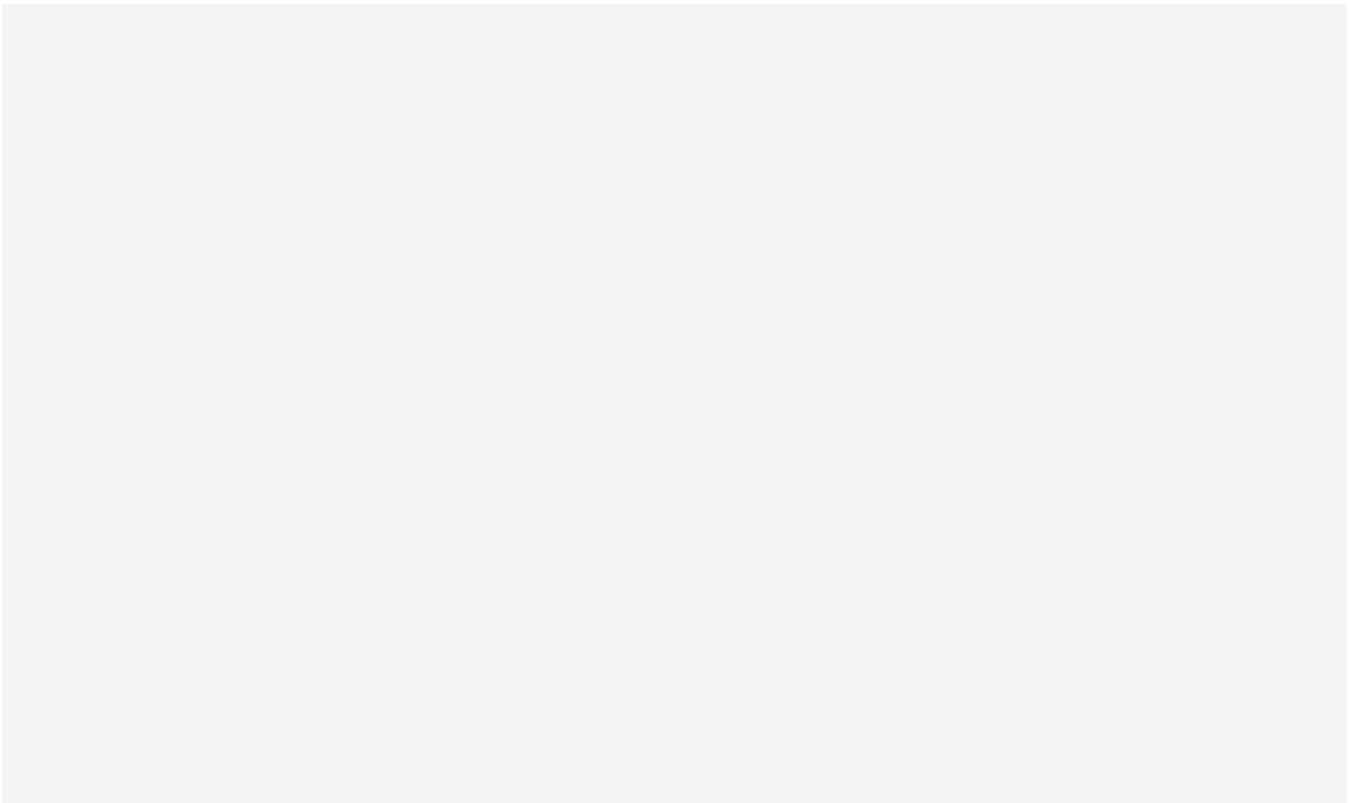
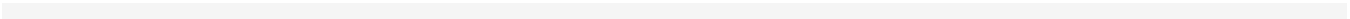
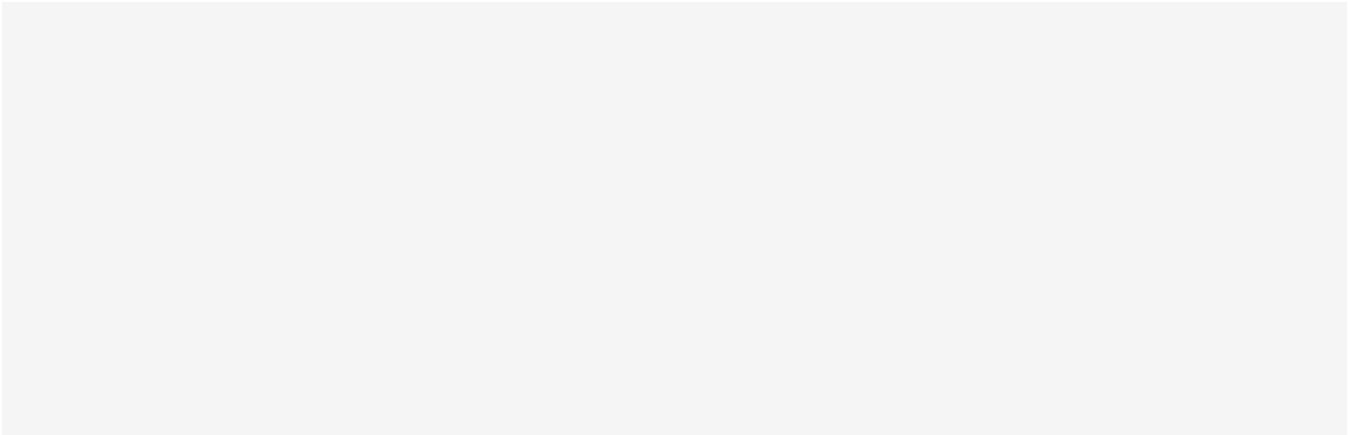
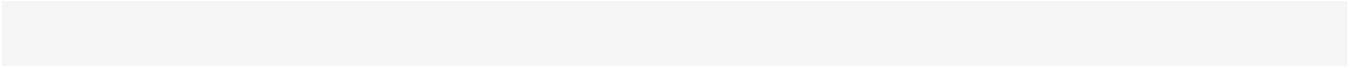
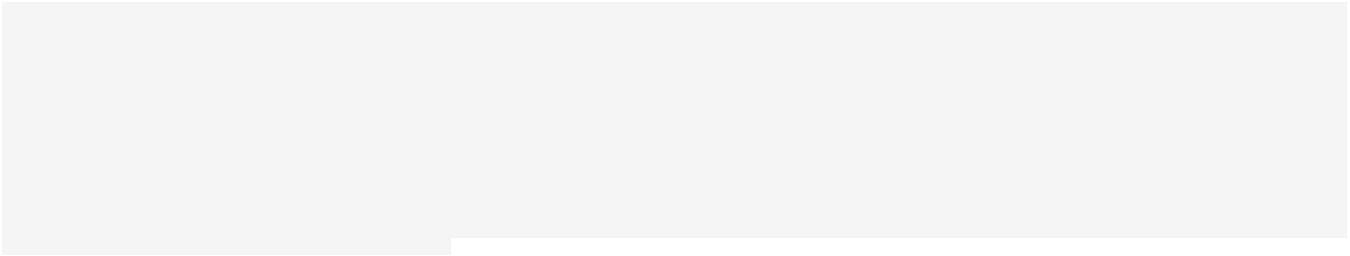


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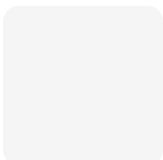
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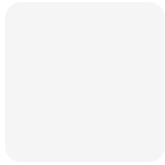


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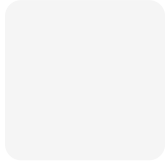
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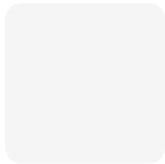
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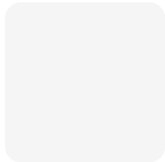
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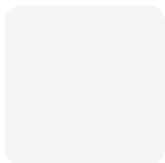
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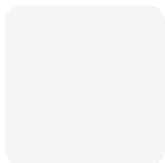
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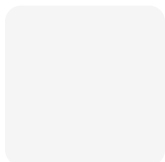
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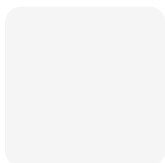
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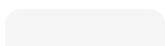
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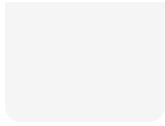


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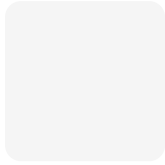
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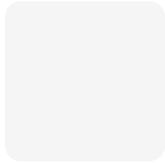
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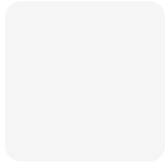
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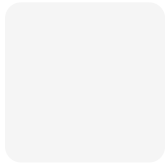
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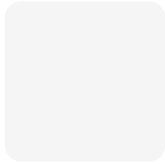
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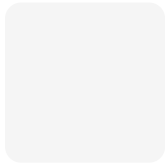
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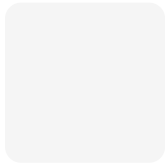
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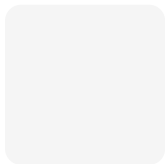
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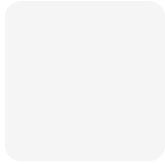
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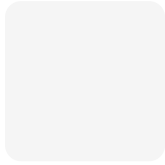


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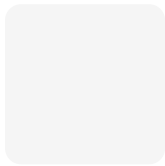
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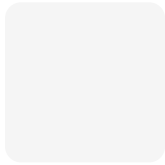
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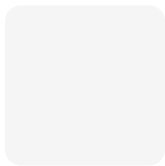
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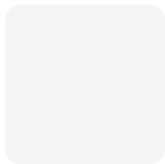
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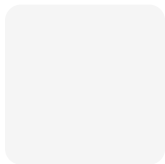
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