If modernity has taught us anything, it’s that knowledge is power. Long enough have we, and generations past, chalked up unfortunate traits, seemingly ever-prevalent weight issues or cruel ageing processes to our genetic shortfall...or rather, that of our family tree. But science is calling time on our so-called ‘predisposed’ free pass. Forward-thinking brands have identified that the more we know about our genetic profile, the more power we can reclaim in terms of how our lives pan out. Especially when it comes to medication, diet, wellness and even skincare. In other words, with the aid of increasingly accessible DNA testing you could crack your very own skincare code.

According to recent research, as much as 60 per cent of our ageing is dependent on inherent genetic factors. Harnessing the potential of DNA analysis to concoct customised anti-ageing elixirs, are best friends Dr Anne Wetter and Dr Elisabet Hagert, who developed ALLÉL. So much more than ‘bespoke’ skincare, this system fuses the science of the DNA lab, with the knowledge and expertise of scientists, dermatologists and surgeons, to identify the strengths of the individual’s complex make-up, as well as the key causes of ageing. Following a scored skin consultation based on my lifestyle and visible signs of ageing, a simple cheek swab is taken and sent back to the labs. I then braced myself for the results of ALLÉL’s Power of Prediction test which uses 16 verified DNA markers to prioritise the five key drivers of ageing (see below).

Forget sensitive or combination, new skincare breakthroughs eschew skin types to target your DNA in the anti-ageing fight. Amy Heffernan meets the future of skincare.

**THE RESULTS:**
Based on the combined scores of my personal skin consultation and DNA analysis, I was prescribed a complete ALLÉL Skin Genetic System, which consists of a face serum, face cream and nutritional supplements – all containing the most effective ingredients to counter photo-ageing (on which I scored a rather terrifying five out of five) and glyc-ageing, (diet-related. Hello, sugar). The experts assured me that the majority of my skin’s visible ageing is within my control; through limiting sun exposure, consuming less refined sugars and following their programme. Arming oneself with this wisdom certainly brings a sense of strength, and while not cheap, entering this new dawn of DNA analysis and risk assessment will inevitably enable us to be less passive in terms of our skin’s health and make better life choices all round. Welcome to the new era.

**INTRINSIC AGEING**
The natural plumpness and volume of the skin’s matrix which is lost over time, which creates fine lines, sagging and deeper wrinkles.

**GLYC-AGEING**
When glucose isn’t metabolised properly in the body, it can bind to the skin’s collagen and elastin fibres, resulting in accelerated ageing and slower cell turnover.

**PHOTO-AGEING**
Skin damage caused by harmful UV rays (everyone’s natural defences against photo-ageing are different).

**INFLAMM-AGEING**
Skin reactions, ranging from mildly irritating to highly problematic. Over time, inflammation causes a weakening in the skin’s barrier and eventually, inflammatory ageing.

**OXID-AGEING**
Oxidative stress – the proteins in the dermal and epidermal skin layers are damaged to slow cellular renewal.

ALLÉL is available exclusively through prestigious clinics and cosmetic dermatologists globally. For more information on the system or to book a consultation in Ireland, contact Beacon Face and Dermatology, Sandyford, Dublin. beaconfaceanddermatology.ie