

Dr. Timm Golueke Of Royal Fern Shares His Anti-Ageing Secrets



By Pearl Yan
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Developed from the ancient power of ferns, Royal Fern is the dermatologist's answer to anti-ageing

We get it—almost every skincare brand has an anti-ageing product line that promises to reduce visible signs of ageing, and it's becoming more overwhelming than ever to find a skincare brand that does what it promises.

Enter [Royal Fern](#), a premium skincare brand developed by Munich-based dermatologist Dr. Timm Golueke and biochemist Dr. Leonhard Zastrow who holds more than 500 patents for the industry. Combining 15 years of clinical experience and research with the anti-inflammatory and antioxidant properties of the 400-million-year-old fern, Dr. Golueke launched Royal Fern in 2015—a science-backed solution to his international clientele's skin concerns throughout the years.

As a sought-after dermatologist, Dr. Golueke is known for his expertise in laser therapy, alongside other aesthetic procedures such as botox, filler and platelet-rich plasma (PRP). But you'd be mistaken to think he's a cosmetic doctor, as he often consults on an array of dermatological topics including acne, rosacea, allergies and other skin conditions.

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We caught up with Dr. Golueke on his trip to Hong Kong for the official launch of Royal Fern at Harvey Nichols, Landmark to talk about his anti-ageing skincare line, common skincare mistakes and his tips for healthy, youthful skin:

How did you discover your passion for beauty and skincare?

I've always been interested in beautiful things, it comes from my love for travel and collecting art—I was here for [Art Basel](#) a few years ago. This was my first contact with beauty before becoming a doctor. Skincare is something I've been using on myself as I've always had very sensitive skin. I started to use skincare products when I was 13, not to look prettier but because I needed it.

See also: [Natural Beauty: 7 Chemical-Free Skincare Brands We Love](#)

What made you choose Royal Fern as the main ingredient in your skincare line?

My biochemist partner and I were looking for a unique plant-based ingredient and I came across a study from [Memorial Sloan Kettering Cancer Center](#) in New York. They give fern as a supplement for melanoma patients because fern protects the cell DNA from UV rays and pollution. Then we started to look into the fern and decided that royal fern would be the key ingredient of our skincare line.



Photo: Hong Kog Tatler/Affa Chan

What's your best tip for fighting skin ageing?

Avoid the sun, protect yourself from urban pollution, sleep at least seven hours a day, and be happy.

What's the most common mistake women make in their skincare routine?

It's over usage of skincare and using skincare that doesn't fit your skin type. Switching too often between products is also a common problem—our skin needs at least four weeks to adapt to a new product as that's how long it takes for a natural skin cell turnover to occur.

See also: [Beauty Tips: How To Apply Magnetic Lashes](#)