

40s

Inevitable aging changes start to happen in your 40s. "More aggressive volume loss is visible, from bone to fat to collagen, resulting in drooping brows, deepened nasolabial folds and early jowling," says Dr. Theresa Jarmuz, a double-board certified facial plastic surgeon at Buckhead Facial Plastic Surgery. Skin also begins to accumulate more pigment than it breaks down, leading to sunspots, age spots and liver spots.

THE MUST-DO

Botox Botox injections are a must at this stage for brow lifting and wrinkle prevention. The injections relax the muscle, pulling the brows down, resulting in a lift to the sides of the brows. Botox can also be used to prevent and treat crow's-feet and possible upper-lip lines. \$375-\$450 every three months, Buckhead Facial Plastic Surgery, 1218 W. Paces Ferry Road NW, #108, 404.233.3937, buckheadfacial.com

ALSO CONSIDER

Fillers Jarmuz often uses Sculptra to treat volume loss in the cheeks and temples. In your 40s, the lips also begin to lose volume, so Jarmuz employs Restylane Silk—an injectable filler perfect for filling in fine lines, defining lip borders and

keeping the lip naturally youthful looking. \$700, Buckhead Facial Plastic Surgery, 1218 W. Paces Ferry Road NW, #108, 404.233.3937, buckheadfacial.com

Chemical Peel An in-office superficial to medium depth

chemical peel will brighten and rejuvenate the skin as well as stimulate collagen production. The depth of the peel depends on degree of photodamage and signs of aging. Darker-skinned patients should avoid deeper chemical peeling. From \$80 per treatment, Atlanta Dermatology & Laser Surgery, 2171 Northlake Parkway, Bldg. 3, Ste. 100, 404.296.8000, atlantadermatologyexperts.com

IPL Treatments Intense Pulsed Light Treatments reduce excess brown pigment and red discoloration. \$250 per treatment, Atlanta Dermatology & Laser Surgery, 2171 Northlake Parkway, Bldg. 3, Ste. 100, 404.296.8000, atlantadermatologyexperts.com

60s

In your 60s your skin may be much more sensitive, so protection and hydration are very important. Use gentle cleansers to wash your face, and wear a sunscreen with SPF 30 or higher daily. Using antioxidants and hyaluronic acid will help protect and hydrate the skin. Using a mild exfoliant once a week will help give your skin a nice glow.

THE MUST-DO

Exilis This revolutionary laser treatment delivers heat energy to deeper layers of skin to tighten and correct sagging skin. The tightening and lifting effect can be targeted for loose skin on the neck, jowls (lower cheeks) and other areas. \$450 per treatment for full face, Atlanta Dermatology & Laser Surgery, 2171 Northlake Parkway, Bldg. 3, Ste. 100, 404.296.8000, atlantadermatologyexperts.com

ALSO CONSIDER

Q-Switched Laser Treatment Designed to target darker pigment, Q-Switched laser treatments are ideal to destroy brown spots, age spots or areas of unwanted hyperpigmentation. \$300 per treatment, Atlanta Dermatology & Laser Surgery, 2171 Northlake Parkway, Bldg. 3, Ste. 100, 404.296.8000, atlantadermatologyexperts.com

HydraFacials Like a wet microdermabrasion for your face, hydrafacials are a wonderful way to gently exfoliate the skin and infuse the face with antioxidants and hyaluronic acid using a special machine that helps penetrate deep into the skin. \$225 per treatment, Emory Aesthetic Center, 3200 Downwood Circle NW, #640, 404.778.6880, emoryhealthcare.org/cosmetic-aesthetic

Micro-Needling For an overall rejuvenation to tighten the skin, regain elasticity, minimize pores and soften fine lines and wrinkles, micro-needling will help stimulate collagen production in the skin. \$500 per treatment, Emory Aesthetic Center, 3200 Downwood Circle NW, #640, 404.778.6880, emoryhealthcare.org/cosmetic-aesthetic

50s

"This is a time where individuals may notice an increase in sun spots, keratoses, pigmentary alteration, deep wrinkles, loss of subcutaneous fat and the start of sagging skin," reveals Dr. Jerry Cooper of Atlanta Dermatology & Laser Surgery (atlantadermatologyexperts.com).

THE MUST-DO

MM Lift Dr. Mike Majmundar's cutting-edge nonsurgical lift recontours the face by strategically injecting volumizing fillers into two M-shaped areas where skin has thinned and drooped (above and below the cheekbones and around the jaw line). By lifting the cheeks and nasolabial folds, jowls and marionette lines are eliminated, resulting in a natural and more youthful look. \$795-\$4,250, multiple locations, 770.475.3146, mmliftatlanta.com

ALSO CONSIDER

Ultherapy This nonsurgical treatment (the actual mechanism of action is ultrasound) can be used to tighten and lift the deeper layers of the skin, improving the brow, cheek, jawline and neck. \$3,500, results last up to five years, Buckhead Facial Plastic Surgery, 1218 W. Paces Ferry Road NW,

#108, 404.233.3937, buckheadfacial.com

Chin Contouring Facial plastic surgeon Dr. Brian Maloney offers a new nonsurgical chin procedure to perfect your profile, using Juvéderm Voluma to sculpt the jawline and provide a lift that lasts up to two years. Unlike

other fillers, this new gel filler does not absorb water from surrounding tissues, eliminating the swelling side effect. From \$1,000, Maloney Center for Facial Plastic Surgery, 6111 Peachtree Dunwoody Road, 770.804.0007, maloneycenter.com

Laser Resurfacing For those who have signs of severe chronic sun damage, the laser heats deeper layers of skin to stimulate new collagen production and reduce pigment production, pore size, wrinkles, irregular texture and precancerous lesions. \$750 per treatment, Emory Aesthetic Center, 3200 Downwood Circle NW, #640, 404.778.6880, emoryhealthcare.org/cosmetic-aesthetic