

Picture this. You are in a suite high above the Las Vegas Strip, city lights glittering like sequins on a ballgown. Tomorrow you have a \$300 facial booked at one of those quiet, low-lit spas that smell like neroli and cost as much as a weekend in Palm Springs. You are 60, you use retinol, and your one question is simple: am I going to walk out glowing, or will my skin revolt under the steam, enzymes, and enthusiastic extractions?

You are not alone. Clients in their fifties, sixties, and seventies ask me the same thing every week, especially before travel or events. Retinoids are the gold standard for anti aging, yet they are also the ingredient most likely to clash with an aggressive facial.

The answer is not a blanket yes or no. It depends on the type of retinoid, the type of facial, the condition of your barrier, and how much risk you are willing to take in exchange for that “just peeled” glow.

Let us walk through it like we are planning your skin the way a stylist plans a couture fitting.

Can a 60-Year-Old Use Retinol Before a Facial?

Yes, a 60-year-old can absolutely use retinol and also enjoy facials. In fact, retinoids are one of the only categories of topical products repeatedly shown to soften fine lines, help with pigmentation, and thicken the dermis over time. The key word is “over time.” The gorgeous part happens over months. The tricky part tends to show up in the days just before and after a treatment.

If you are heading into a facial in Las Vegas, or anywhere with strong sun, recycled hotel air, and late nights, the smarter question is:

How should a 60-year-old *time* retinol around a facial?

For most classic facials that include steam, light manual exfoliation, gentle enzymes, and extractions, a 60-year-old on a stable, low-to-moderate strength retinol should stop it 3 to 5 nights before treatment. For anything involving acids, microdermabrasion, microneedling, radiofrequency, or peels, that window stretches to 5 to 7 nights, sometimes 10, especially if you lean dry or sensitive.

Retinol is not the enemy. Collision of too much exfoliation at once is.

Understanding Mature Skin on Retinol

At 60, your skin behaves differently than it did at 30, even if you have “good genes.”

Oil production has usually slowed. The barrier is thinner, more reactive, easier to dehydrate under dry hotel air or desert climate. Collagen is declining every year. If you use a retinoid, you are essentially asking that skin to work harder at night: turn over faster, repair more, build more.

This is beautiful when your barrier is calm and your routine is supportive. It becomes a problem when you stack irritants:

Retinol at night, alpha hydroxy acids in your serum, a vitamin C that tingles every morning, hot showers, then a facialist who assumes you have the tolerance of a 22-year-old on a hydrafacial package.

The result is often not “How to make your face look 20 years younger,” but instead a week of stinging, flaking corners around the mouth, and exaggerated redness where broken capillaries live. On a Vegas trip, that is the last thing you want under makeup and casino lighting.

So at 60, retinol should be:

Calibrated to your skin type, buffered with moisturizers, and paused strategically around treatments.

Types of Facial Treatments and How They Interact With Retinol

You might be wondering, “What are the types of facial treatments I should even be choosing from?” Especially when every hotel spa menu reads like a dessert cart.

Here is how I talk clients through the main categories, and how they relate to retinoids.

Classic European or Spa Facial

Think cleansing, steam, enzyme mask, gentle exfoliation, extractions, massage, mask, maybe a bit of LED.

This is usually the most popular facial treatment in resort spas because it suits many skin types. For someone using retinol:

If your retinol use is stable and your skin is not flaky, stopping 3 nights before is usually enough. Ask your aesthetician to go gentle on acids and manual scrubs, and to avoid aggressive extractions on any areas that recently peeled.

Hydrafacial and Similar Device-Based Treatments

Hydrafacial has become what many places market as the “number 1 facial” because it is quick, visibly smoothing, and very Instagram friendly. It uses suction and a series of acid-based solutions to exfoliate and infuse.

On retinol skin over 60, the potential for over-exfoliation is higher. I typically have clients stop retinoids 5 to 7 days before, especially if they live in dry climates or have that see-through, delicate skin around cheeks.

Peels, Microdermabrasion, and Resurfacing

Anything labeled “corrective” or “medical spa facial” often includes stronger acids or devices. This is where “What not to do before a facial” becomes crucial.

Using retinol right up until a glycolic peel does not take 10 years off your face. It risks a compromised barrier, prolonged redness, patchy darkening in people prone to post inflammatory hyperpigmentation, and uneven peeling.

For these, pausing retinoids 7 to 10 days before is usually safest unless a supervising dermatologist instructs otherwise.

Microneedling, RF Microneedling, and Lasers

These are more in the category of “What procedure takes 10 years off your face” than what most people think of as a regular facial. They can soften etched lines, acne scars, and overall crepiness when done properly over several sessions.

On retinoids, you absolutely need to stop beforehand. Timelines vary, but 5 to 7 days is a minimal pause, and many practices recommend 10 to 14, particularly for stronger prescription retinoids.

So, Should a 60-Year-Old Use Retinol At All?

Yes. Assuming your dermatologist has not raised objections, retinoids remain one of the few topical ingredients, alongside daily sunscreen, with consistent evidence for visible anti aging benefits.

The trick is to choose a form and strength that fits your skin and lifestyle.

Tretinoin (retinoic acid) is potent. It works faster than cosmetic retinols and does not require conversion in the skin. Some marketing likes to say certain retinoids work “11 times faster than retinol.” In practice, what this usually means is that prescription strength retinoic acid or more advanced derivatives like retinaldehyde act more directly than over the counter retinyl palmitate. Faster is not always better on a 60-year-old’s complexion. Tolerance matters more than hero claims.

For many of my clients in their sixties, a well formulated 0.3 to 0.5% encapsulated retinol or retinaldehyde, used 2 to 4 nights per week, provides beautifully even tone, refined pores, and softer lines around the mouth without shredding their barrier.

If your skin is extremely sensitive or you have an inflammatory condition, you might be better with gentler options or even skipping retinoids entirely. This is where seeing a dermatologist, not a marketing page, is worth its weight in La Mer.

What Are the Only 4 Skin Products Proven to Work?

Truly effective skincare is quieter than the billboards. If you strip it down to what research repeatedly supports, regardless of the brand, four categories matter most:

- A broad spectrum sunscreen SPF 30 or higher, used every morning and reapplied with real discipline.
- A vitamin A derivative (like retinol, retinaldehyde, or tretinoin) if your skin tolerates it and your doctor approves.
- A well formulated antioxidant, such as vitamin C or a C plus E plus ferulic blend, to help defend against free radical damage.
- A barrier-supporting moisturizer with ingredients like ceramides, cholesterol, fatty acids, and humectants such as glycerin or hyaluronic acid.

Everything else is supporting cast. Lovely, sometimes useful, but those four are foundational.

What Not to Do Before a Facial (Retinol or Not)

Facial Treatments Las Vegas

This is where many otherwise savvy women sabotage their results, especially when they are trying to “take 10 years off your face” before a big weekend.

Here is a simple list I give my clients before any serious skin treatment.

- Do not start a new active product (strong vitamin C, acids, retinol) in the week before your facial. Trial it after, not before.
- Do not wax your lip, brows, or chin within 24 to 48 hours of a facial with peels or strong exfoliation. The combination can strip skin.
- Do not over-exfoliate at home with scrubs, cleansing brushes, or multiple acid products the week of the treatment.
- Do not sunbathe or use tanning beds beforehand. A tan is already damaged skin, and peels or extractions on top can go badly.
- Do not hide information from your aesthetician. Tell them if you use prescription retinoids, recent antibiotics, or have cold sore history.

If you are in Las Vegas or another desert destination, I would add one more practical rule: hydrate as if you are preparing for a long flight, starting the day before. Excess alcohol and little water makes skin dull, tight, and more reactive.

Matching Your Facial to Your Face

What is the best kind of facial treatment? The one that suits *your* face, not the one topping a magazine list.

People ask, "How do I know what type of facial to get?" I always start with three questions: what is your primary concern, what is your timeline, and how much downtime is acceptable?

If you fly in on Friday and have a show that night, you want instant glow with zero risk of blotchy peeling. A classic hydrating facial with light enzymes and LED, plus a skilled massage, is ideal. Leave the high strength peel or microneedling for when you are back home, not halfway through a Vegas weekend.

If your goal is truly "How to take 20 years off your face," that does not happen in a single spa session. It happens through a plan that might include neuromodulators like Botox, filler in expert hands, retinoids, lasers over months, [Facial Treatments Las Vegas](#) and lifestyle. Many celebrities use combinations of all of these. When people ask, "What do celebrities use instead of Botox?" the honest answer is that some use alternatives like radiofrequency or ultrasound tightening, but a large number quietly do use Botox or similar products, simply with extremely subtle dosing.

The Myth of the Miracle Facial

I see clients arrive with a mental checklist taken straight from celebrity gossip: What procedure takes 10 years off your face? What is the Japanese secret to wrinkles? What does Jennifer Aniston use for anti aging?

Reality is less glamorous and more consistent. Japanese women with enviably smooth skin tend to have avoided strong midday sun, drunk more tea than soda, and used sunscreen with near religious devotion. Green tea, water, and low sugar habits are closer to "Which drink is best for anti aging" than any magical elixir.

Jennifer Aniston has publicly mentioned sunscreen, minimal sunbathing, adequate sleep, hydration, retinol-based skincare, and professional treatments. Nothing exotic. She simply does the basics well, with expert guidance and consistency.

"What is the #1 mistake that will make you age faster?" Chronic, unprotected UV exposure. No luxury facial can compensate for daily neglect of sunscreen.

New and "Next" Anti Aging Treatments Around 2026

When people ask, "What are the new anti aging treatments for 2026?" they are usually talking about technologies, not creams. The most promising areas I see, with the caveat that evidence is still evolving, include:

Exosome based facials, often deriving signaling molecules from stem cells, marketed as stimulating repair and collagen. Early data is interesting, but regulation and standardization are still catching up.

Polynucleotide injections and topical treatments, which aim to improve texture and elasticity in crepey or atrophic skin.

Advances in radiofrequency microneedling that are more controlled and comfortable, offering contour tightening with more consistent downtime.

Better fractionated laser platforms that can address deeper wrinkles with improved safety for more skin tones.

None of these replace sunscreen, retinoids, and a sane routine. They can, however, refine and accelerate results when supervised by a physician who understands both your health history and your tolerance for downtime.

Age-Specific Skincare: 60s, 70s, and Beyond

At 60, your routine can handle a thoughtful retinoid, a serious antioxidant, and targeted treatments like peptides or growth factor mimickers, if you enjoy them. At 70, many women ask, "What should a 70 year old woman use on her face?" The answer often becomes a bit more minimalist: extra gentle cleansing, rich barrier repair, lower frequency retinoid or a very mild one, and possibly in-office treatments rather than more bottles at home.

As the decades advance, the priority shifts from "more active ingredients" to "stronger barrier, smarter interventions." In other words, you trade experimentation for precision.

In terms of facials, how often should a 60 year old woman get a facial? For most, every 4 to 8 weeks is a sweet spot if budget allows, especially if there is a specific goal like melasma control, rosacea support, or maintaining hydration around aesthetics visits. Seasonally, such as four times a year, is entirely reasonable too.

What is the best facial treatment for over 60? Usually one that combines deep cleansing (without harsh stripping), lymphatic drainage or firm massage, gentle exfoliation, LED, and loads of layered hydration. For aging concerns, a program that alternates hydrating facials with occasional light, professionally administered peels or low energy tightening treatments can be powerful, provided your at-home retinol is handled sensibly.

Tipping, Etiquette, and That Bra Question

Luxury skincare is not only about serums and lasers. It is also about how you behave in the treatment room.

Clients often whisper, "How much should you tip for a \$300 facial?" In most high-end American spas, 18 to 25 percent is standard if you are happy with the service. At \$300, that means \$54 to \$75. If the treatment is medically supervised in a dermatologist's office and priced more like a procedure, tipping may be less customary or not accepted, so ask the front desk discreetly.

For a \$100 salon appointment, "Is \$10 a good tip for \$100 salon?" tends to feel light in big cities. Fifteen to twenty dollars is more in line with current expectations, assuming you are pleased with the result. For a 90 minute massage, "Is \$40 a good tip for a 90 minute massage?" Usually yes. That is generous in many locations, especially if the base price was around \$150 to \$200.

"Do you tip on a peel?" If it is done in a traditional spa environment by an aesthetician, generally yes. If it is a strictly medical clinic with physician pricing, often no, or less. When in doubt, ask what is customary, and do it beforehand so you can relax fully.

And the question everyone is oddly shy about: "Do I take my bra off for a facial?" The honest answer: most facials include upper chest, neck, and shoulder massage, and product application down to the décolleté. If that is the case, yes, you will usually undress from the waist up, leaving underwear on, and slide under the sheet. If you prefer to keep your bra on, mention it to your aesthetician. A strapless bra or one you do not mind getting a bit damp around the band can be a nice compromise.

On the hair side, "What annoys hair stylists?" Showing up very late without notice, moving your head constantly while they cut, and saying you love it at the chair then complaining later online, instead of giving them a chance to adjust. An appropriate tip for a \$70 haircut is usually between \$12 and \$18. "Is \$60 normal for a haircut?" In many major US cities, yes, that is on the modest side for a women's cut in a reputable salon.

Celebrity Faces, Rumors, and Reality

Modern beauty conversations are saturated with questions like “What happened to Goldie Hawn’s face?” “What has happened to Lady Gaga’s face?” “Has Taylor Swift had a rhinoplasty?” The subtext is always the same: how are they aging, and how can I measure myself against it?

Goldie Hawn’s face has been discussed for decades, sometimes unkindly. What is clear is that she has been expressive, probably had a mix of cosmetic interventions and natural aging, and is often photographed in harsh light with strong expression. As for “What illness does Goldie Hawn suffer from?” there is no widely confirmed, specific illness publicly linked to her appearance. Much of the chatter is pure speculation.

Similarly, “What happened to Goldie Hawn’s face,” “What has happened to Lady Gaga’s face,” or “Has Taylor Swift had a rhinoplasty” live in that murky zone where tabloids and filters collide. Unless a celebrity openly discusses a procedure, speculating about what they did is just that, speculation. It can also set unrealistic expectations for you. Faces look dramatically different under contouring, lighting, Photoshop, and expression. Lady Gaga has been open about some health issues, but questions such as “What disability does Gaga have?” simplify a complex human life into a single label, which is rarely fair or accurate.

When you hear, “What illness does Kim Kardashian have?” she has spoken about having psoriasis, a chronic inflammatory skin condition that can influence redness, plaques, and texture. Celine Dion has publicly discussed stiff person syndrome, which has raised understandable questions like, “Is Celine Dion able to walk?” Reports indicate that the condition affects mobility, but the specifics evolve with her treatment and are her story to share.

Then you have Dolly Parton, who seems to invite as many questions about her body as about her songs. “When did Dolly Parton have her breasts enlarged?” “Why does Dolly keep her arms covered?” “What is Dolly Parton’s cup size?” “What is a waterfall breast?” These questions are a mix of curiosity and cultural obsession with measurements. A “waterfall breast” is a descriptive term sometimes used in plastic surgery to describe tissue that drapes over an implant. The broader point is this: performers curate an image. Sleeves, implants, or none of the above, they owe us music, not medical records.



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If you catch yourself thinking, "What's going on with Goldie Hawn's face?" or any other famous woman's, notice the energy behind it. Is it concern, comparison, or a wish to decode a secret? The more productive version is, "What choices are available to *me* that respect my health, my ethics, and my budget?"

Face Shapes, "Rarest" Traits, and Attraction

Questions like "What is the rarest face shape?" and "What is the most attractive facial shape?" usually travel with contouring guides and filter apps. Oval faces are commonly marketed as the most balanced and "desirable," while true heart or diamond shapes are less common and often labeled "rarest."

None of this matters when you are 60 and evaluating a facial. What matters is bone structure, fat distribution, and skin quality, because those influence how volume loss and sagging appear, and thus which treatments will be flattering rather than forced.

The so-called "7 facial types" are often used in basic aesthetics training to describe general patterns, not destinies. A gifted practitioner sees *your* version of those patterns and tailors treatments accordingly. This is why chasing someone else's face, or asking for the exact nose of a singer you love, rarely ends well.

Drinks, Sins, and the Quiet Power of Boring Habits

When clients ask, "Which drink is best for anti aging?" they are sometimes hoping I will say champagne. I love a good glass as much as anyone, but the honest answer is unromantic. Water, green tea, and other antioxidant rich, low sugar beverages support skin more consistently than alcohol. Alcohol dehydrates, triggers flushing in some, and disrupts sleep, which your collagen and barrier dislike.

"What are the 7 sins of skincare?" The list changes depending on who you ask, but I consistently see these patterns age clients faster than any single ingredient:

Sleeping in makeup. Inconsistent or inadequate sunscreen. Smoking or vaping. Extreme dieting and rapid weight cycling. Constant product hopping without finishing anything. Picking at spots and scabs. Chronic stress and too little sleep.

None of these are dramatic on any single day. They simply, quietly, add years.

If "How to take 10 years off your face" is the question, the answer is rarely a single treatment. It is often some version of this: stop burning it in the sun, stop attacking it with harsh scrubs, treat chronic conditions like rosacea or psoriasis properly, hydrate, sleep, manage stress, choose one or two proven actives like retinol and vitamin C, and then, if you want, layer in procedures under professional guidance.

So, Can You Use Retinol Before Your Las Vegas Facial?

If you are 60, on a steady retinol routine, and headed to a high end spa facial in Las Vegas, you can absolutely keep retinol in your life. You simply give your skin a small holiday.

Stop your retinol 3 to 5 nights before a classic, gentle facial, and closer to a full week before any treatment involving stronger acids, microdermabrasion, hydrafacial type suction with actives, microneedling, or energy devices. Tell your aesthetician precisely what you use. Ask her to lean into hydration and calming rather than aggressive resurfacing, especially in a dry, sun-intense environment like Nevada.

If your goal really is to look five, ten, even twenty years fresher, you will not find that in one dramatic peel on top of already sensitized, retinol-thinned skin. You will find it in consistent, smart habits soothed by the occasional deeply luxurious, well timed facial that respects what your skin has already done for you for sixty remarkable years.



**BRAZILIAN WAXING
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