

Walk into any luxury spa in Las Vegas and you will see the same thing: people trying to solve very different problems with the same menu of facials. A glowing 25 year old influencer, a 60 year old executive who lives on red-eyes, a 72 year old grandmother in full glam every day. One Hydrafacial is not going to address them all.

If you want results that look expensive, the first step is not choosing the shiniest treatment on the menu. It is understanding your facial type, your skin, and how you actually live. When I map those three elements together for clients, that is when a facial can quietly take 10 years off your face, not just leave you hydrated for a weekend.

This is the guide I wish more guests read before walking into a Las Vegas spa reception desk.

The 7 facial types: shapes that secretly dictate what works

Most people think in terms of skin type: dry, oily, sensitive. That matters, but your **face shape** quietly controls how you age, where volume loss shows first, and which treatments give the biggest payoff.

These are the 7 classic facial types you will hear stylists and estheticians reference:

- Oval
- Round
- Square
- Heart
- Diamond
- Oblong (or rectangular)
- Triangle (sometimes called pear shaped)

None of these is “good” or “bad”. They are architectural blueprints. Once you know your blueprint, you can choose facials and noninvasive procedures that respect structure instead of fighting it.

Stand in front of a mirror, pull your hair back tightly, and trace the outline of your face with a washable liner or fingertip on the mirror. Look at the width of your forehead, cheekbones, and jaw, and the length from hairline to chin. That rough outline is usually enough to identify your type.

How each facial type ages (and what really helps)

I am not going to pretend that a single facial can do what a deep plane facelift does. But I have repeatedly watched the right skincare strategy make a face look 10 years fresher, while the wrong “big” treatment just looks expensive and odd.

Oval: the all rounder that betrays fatigue

Oval faces are slightly longer than they are wide, with soft rounding at the chin and no sharp corners. They are often considered the “most attractive facial shape” in beauty editorials, but they betray fatigue quickly.

Typical aging pattern: early volume loss in the midface, slight hollowing under the eyes, and a general “deflated” look rather than heavy jowls. When clients ask how to make your face look 20 years younger with an oval shape, my honest answer is that you do not need surgery first. You need luminosity and collagen.

Best Las Vegas facial strategy: focus on **hydradermabrasion, gentle peels, and collagen stimulation**.

Think of a series like this over several months:

First, a deep hydradermabrasion treatment for extractions, texture, and glow.

Second, a medium strength lactic or mandelic peel if you are dull or sun damaged. Third, nonablative laser or radiofrequency microneedling for collagen, if you are ready for something more advanced.

For an oval face, light volume correction with injectables can be magic, but the canvas must be immaculate. That is where clinical facials come in.

Round: softness that can slide south

Round faces are close to equal in length and width with full cheeks and a softer jawline. In youth they look adorable on camera. Age can turn that softness into heaviness at the jaw and under the chin.

Typical aging pattern: lower face heaviness, early jowling, and under chin fullness. Fine lines often come later because volume cushions the skin.

Ideal facial focus: **lymphatic drainage, contouring, and disciplined skincare** that keeps texture refined.

In Las Vegas, where salt, alcohol, and late nights are almost a dress code, round-faced clients wake up puffy. I lean into facials that include:

- manual or machine lymphatic drainage
- jawline and neck massage
- cold therapies for tightening and depuffing

If you are tempted to ask what procedure takes 10 years off your face for a round type, body contouring devices under the chin and along the jaw can help, but they only shine when inflammation is under control. When your round face is properly drained and smoothed, even a subtle tightening treatment reads as “weight loss” rather than “work”.

Square: the power jaw that needs softening, not shrinking

Square faces have a wide forehead and a strong, angular jaw. This type photographs beautifully, especially on camera, but can look harsh or tired in real life when skin gets rough or dehydrated.

Typical aging pattern: the bone structure stays impressive, but the skin on top looks looser and more creased around the mouth and eyes. Crow’s feet and lines between the brows show early because the face is expressive.

Best facial approach: **texture perfection and strategic relaxation**.

Square-faced clients usually benefit more from:

- meticulous exfoliation
- barrier-repair hydration
- and, when appropriate, neuromodulators (Botox or alternatives) to soften overactive muscles

People love to speculate about what celebrities use instead of Botox. The honest answer is that many rotate between small amounts of Botox, radiofrequency tightening, and ultrasound-based treatments, layered over religious sunscreen and retinoids. Facials for square faces should support this by tending to the skin’s surface: pigments, pores, and fine crosshatching lines that harsh lighting magnifies.

Heart: beautiful angles, tricky lower face

Heart shaped faces feature broader foreheads, high cheekbones, and a narrower chin. Think of a soft triangle inverted.

Typical aging pattern: as midface fat pads slip and volume shifts, heart faces can hollow at the temples and under the eyes while jowls form along a delicate lower jaw. You end up with upper face hollowness and lower face heaviness.

For this group, the **best kind of facial treatment** is one that protects collagen and elasticity in the midface and lower face, so structural treatments later have something to work with.

In the Las Vegas environment, that means:

- antioxidant heavy facials
- regular professional exfoliation to keep pores and pigment at bay
- and early, conservative collagen stimulation like microneedling

If you are wondering at what age you should start getting Botox on a heart face, I usually see people benefit in their late twenties to early thirties if they frown or squint a lot. But that is only one piece. Facials provide the glow that makes injectables undetectable.

Diamond: the rarest face shape and the most high maintenance

If you have a diamond face, your cheekbones are the widest point, with a narrower forehead and chin. It is often described as the **rarest face shape** in population studies.

Diamond faces tend to look stunning at a party and harsh in unfiltered daylight if the skin is not pampered. High, wide cheekbones throw shadows. Any uneven texture or pigment is more obvious.

Aging pattern: midface flattening, under eye hollows, and sharpness around the mouth as lines etch in. The good news is that the jaw often ages gracefully.

For diamond faces, my go to combination in Las Vegas is:

- regular brightening facials with vitamin C and niacinamide
- occasional, controlled peels for pigment and texture
- and meticulous eye area care, both at home and in the treatment room

Clients often ask about the Japanese secret to wrinkles. There is no single trick, but you will hear about consistent UV protection, gentle daily cleansing, and indulgent yet lightweight hydration with layered serums. Those principles suit diamond faces beautifully, especially when combined with strict sunscreen and hats in the desert sun.

Oblong: elegant length that needs lift, not more drag

Oblong faces are longer than they are wide, often with a straighter cheek line and sometimes a longer chin. They look striking in editorial photos, but length can exaggerate sagging.

Aging pattern: drooping at the midface, lengthened look to the nose and mouth area, and sometimes deepening of the nasolabial folds. When skin elasticity goes, the entire face can read as “pulled down.”

The question I hear from oblong-faced clients is often how to take 10 years off your face without looking tight. For this architecture, the best facials are the ones that support bounce and snap:

- collagen focused treatments

- growth factor infused facials
- and possibly noninvasive tightening sessions using radiofrequency or ultrasound

In a luxury Las Vegas setting, I love pairing a medical-grade tightening session with a soothing, oxygenating facial to minimize downtime. The skin walks out glowing instead of inflamed.

Triangle: weight at the jaw that needs refinement

Triangle or pear shaped faces have a narrower forehead and fuller jawline. They can look very youthful early on, then suddenly “drop” in the lower face.

Aging pattern: heaviness at the jaw, under chin fullness, and banding at the neck. In the mirror, people often complain of looking angry or tired even when they feel fine.

For triangle faces, the best facial treatment for aging is one that combines:

- disciplined exfoliation to keep pores and roughness off the chin and jaw
- manual or mechanical lifting massage to encourage upward movement
- and, when appropriate, adjunct treatments for submental fat or skin tightening

Clients sometimes ask what is the best facial treatment for over 60 on a triangle face. My answer: anything that delivers hydration, controlled exfoliation, and gentle collagen support without over-stripping. At that age, less trauma and more consistency almost always win.

Matching your facial type to specific Las Vegas treatments

Once you know your blueprint, the spa menu stops feeling like a guessing game. Instead of asking “What is the most popular facial treatment?”, you can ask “Which of these facials is built for my structure and my skin today?”



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Here is how I generally pair:

Oval and heart: hydradermabrasion facials, oxygen facials, and collagen-inducing microneedling or nonablative lasers work beautifully. They preserve softness and brightness that match your natural balance.

Round and triangle: lymphatic drainage facials, sculpting massage facials, and combined facial plus jawline tightening sessions. You are fighting gravity and fluid, so choose treatments that drain and lift rather than simply hydrate.

Square and diamond: advanced resurfacing such as micropeels, diamond-tip microdermabrasion, and pigment-focused facials with vitamin C and gentle acids. Think texture, tone, and refinement.

Oblong: collagen heavy programs, often a series of radiofrequency microneedling or ultrasound sessions interspersed with nourishing facials rich in peptides and ceramides.

If you are still wondering how to know what type of facial to get, this is the one piece of advice that never fails: book a consult, not a facial. Sit with an experienced esthetician or nurse for 15 to 20 minutes, discuss your facial type, current products, and how much downtime you can tolerate. A good provider in Las Vegas will happily pivot the booked service to something more appropriate once they see your skin and structure.

Skin, not gossip: celebrities and aging gracefully

A surprising number of clients bring me screenshots and questions like "What happened to Goldie Hawn's face?" or "What has happened to Lady Gaga's face?" or "Has Taylor Swift had a rhinoplasty?" They ask what illness Goldie Hawn might suffer from, what disability Gaga has, or what illness Kim Kardashian has.

Here is the professional truth: **Facial Treatments Las Vegas** unless a public figure has clearly and voluntarily shared a diagnosis, any speculation about their health is inappropriate. Faces change for many reasons: lighting, weight fluctuations, surgery, medication, even simple swelling from allergies or lack of sleep.

What I can say, from years listening to dermatologists and plastic surgeons, is that most A-list faces are maintained with:

- rigorous sun protection
- a tailored home routine built around the only 4 skin products proven to work long term (a gentle cleanser, a high SPF sunscreen, a retinoid, and usually a well formulated antioxidant or moisturizer)
- regular clinical facials and peels
- and small, frequent tweaks with injectables and energy devices instead of big, sporadic overhauls

People love asking what Jennifer Aniston uses for anti-aging or what celebrities use instead of Botox. The brands shift, but the fundamentals do not. Medical grade vitamin C, retinoids, sunscreen, consistent facials. Then, layered on top, they might choose neuromodulators, biostimulatory fillers, or newer skin boosters.

When you notice someone whose face looks suddenly “off”, it is rarely a single facial or product. It is overcorrection or chasing trends instead of respecting their underlying facial type.

Retinol, peels, and facials: what you must know before booking

Many guests quietly ask at the reception desk: can I get a facial while using retinol? The answer is yes, but with rules.

If you are on an over the counter retinol, you usually need to stop 2 to 5 days before a facial that includes strong exfoliation or a peel. For prescription tretinoin, most providers in Las Vegas prefer you pause for about a week before medium peels or any resurfacing. Otherwise, you risk over-exfoliation, burning, and post-inflammatory pigment.

So, what not to do before a facial if you want that dreamy glow instead of irritation?

- Do not use strong exfoliants (scrubs, high-strength acids, at-home peels) for 3 to 7 days beforehand
- Do not do waxing, threading, or depilatory creams on the face right before a peel or strong facial
- Do not arrive dehydrated and hungover if you expect a “glass skin” result
- Do not hide that you are using retinol, tretinoin, or isotretinoin from your provider
- Do not apply self-tanner on the face in the days right before treatment

As for the viral question, what works 11 times faster than retinol, be cautious. That kind of claim is usually a marketing line pulled from a small, favorable lab test. Ingredients like retinaldehyde or certain peptides can act more quickly than traditional retinol in some studies, but they are not magic shortcuts. In real faces, compliance and sunscreen matter more than the exact molecule.

Should a 60 year old use retinol? If your skin tolerates it, yes, but often at a lower strength and frequency, buffered with a good moisturizer. What **Facial Treatments Las Vegas** should a 70 year old woman use on her face? Gentle, effective basics: non-stripping cleanser, hydrating serum, a peptide or low-dose retinoid if tolerated, a rich but breathable moisturizer, and daily SPF 30 or higher. At those ages, aggressive over-exfoliation accelerates aging instead of reversing it.

Many dermatologists quietly agree that the number one mistake that will make you age faster is skipping daily sunscreen. Not smoking and moderating heavy alcohol are close behind. In Las Vegas, where UV and nightlife are

both extreme, ignoring either is visible on the face within a few seasons.

Facials and modesty: your bra, your comfort, your results

A surprisingly common question whispered at check-in: do I take my bra off for a facial? In luxury Las Vegas spas, the standard is simple. You are offered a wrap or gown that opens in the back or front. Many facials include neck, chest, and shoulder massage, and any exfoliating or masking down to the décolleté. Removing your bra makes that easier and keeps straps from getting damp.

That said, your comfort rules. If you prefer to keep undergarments on, say so. A good esthetician will adjust draping and avoid any product that could stain your clothing. The level of undress never affects how seriously a professional treats your skin.

Anti-aging strategies: from “take 10 years off” to “I slept”

Marketing loves absolutes, like which drink is best for anti aging or how to take 20 years off your face overnight. In practice, we work in layers.

For truly youthful looking skin in a dry, high UV city like Las Vegas:

First, focus internally. Hydration, reasonable sleep, and a diet with plenty of colorful vegetables and some omega-3 fats will show in your skin. Green tea, water, and moderate coffee do far more for your complexion than sugary cocktails, even if you are having the best time on the Strip.

Second, maintain the basics at home. Those only 4 skin products proven to work over decades really are non negotiable: a gentle cleanser your skin actually likes, a broad-spectrum sunscreen every single morning, a retinoid appropriate for your tolerance, and either a serious antioxidant serum or a barrier-repair moisturizer.

Third, avoid the 7 sins of skincare that I see constantly: over-exfoliating, sleeping in makeup, picking at your skin, skipping sunscreen, DIY-ing serious treatments, constantly changing products, and treating Instagram trends as medical advice.

Then, use professional treatments to enhance and speed up what your home care is already doing. The best facial for aging is rarely the trendiest one. It is the one that fits your facial type, your skin’s current state, and your real life.

For many of my Las Vegas clients over 60, a recurring combination of gentle enzyme or lactic acid facials, occasional low-intensity laser or microneedling, and fastidious home care gives better long term results than aggressive peels or harsh resurfacing. Skin at that age needs coaxing, not punishment.

The new anti aging treatments for the next few years

If you are wondering about the newest facial treatments and the new anti-aging treatments for 2026, the trend is clear: less downtime, more subtle stimulation of your own biology.

We are seeing more:

Collagen biostimulators that are injected lightly to improve skin quality rather than just volume.

Skin boosters and microinjections of hyaluronic acid for fine lines and radiance. Advanced radiofrequency microneedling devices that tighten while improving texture. Highly customized facials that use diagnostic imaging to choose ingredients session by session.

Many celebrities now pair these with small amounts of Botox or slowly tapered neuromodulators instead of freezing everything. So when people ask what do celebrities use instead of Botox, the better question is: how do they use Botox smarter, surrounded by strong skincare and biostimulatory treatments.

The etiquette question: how much should you tip?

Luxury treatments come with luxury bills. That leads to an equally practical question: how much should you tip for a \$300 facial?

In most Las Vegas spas, standard gratuity for spa services is around 18 to 22 percent if service was truly excellent. For a \$300 facial, that means \$54 to \$66. If you received a medical treatment in a physician's office, tipping policies differ; some clinics decline tips altogether. Always ask the front desk if you are unsure.



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Is \$10 a good tip for \$100 salon services, or is \$60 normal for a haircut? For hair services, I see 18 to 25 percent most often. So \$10 on \$100 is on the low side unless service was notably poor. A \$60 tip for a very high end, time consuming color and cut session can certainly be appropriate.

What is an appropriate tip for a \$70 haircut? In many urban or resort environments, \$14 to \$20 is typical if you were happy. For a 90 minute massage, clients often ask if \$40 is a good tip for a 90 minute massage. At price points common in Las Vegas resorts, \$40 is usually generous and appreciated.

Do you tip on a peel? If it is part of a spa facial with an esthetician, yes, tipping is customary. If it is a strictly medical peel done by a nurse or physician in a clinic that states "no tips," then you respect that policy and skip gratuity.

And if you are wondering what annoys hair stylists or estheticians most, it is usually not tipping rates. It is chronic lateness, dishonesty about at-home treatments or drugstore hair color, and constantly moving your head or

touching your face during delicate work.

Choosing your next Las Vegas facial with intention

Skincare trends will keep shifting. Celebrity faces will keep changing in ways the internet loves to dissect. New devices will promise to erase decades overnight.

If you want long term, quiet, luxurious results, anchor yourself in three simple truths:

Know your facial type. It is the architecture that guides which treatments make sense. Oval, round, square, heart, diamond, oblong, triangle, each one ages in a distinct pattern.

Respect your skin as an organ, not a canvas for experiments. Consistent sunscreen, smart use of retinoids, and gentle cleansing will always beat the latest miracle ingredient that claims to work 11 times faster than retinol.

Use facials as part of a strategy, not an impulse purchase. In a city like Las Vegas, where climate and lifestyle conspire against the skin, a well chosen facial protocol can make your face look 10 years fresher without anyone pinpointing why.

When you pair an understanding of your own structure with the right professional, the question is no longer which is number 1 facial or which drink is best for anti aging. It becomes: how do I want to look and feel, and how can my treatments quietly serve that vision year after year.