

Walk into any luxury spa on the Las Vegas Strip and you will see it immediately: a tray of chilled, fruit infused water or a jewel toned herbal tea waiting beside stacks of plush towels. That is not an accident. In a desert city where skin can lose moisture within minutes, what you drink quietly shapes how your face will look not just tonight, but ten years from now.

I have spent years treating skin that lives under casino lights, desert sun, recycled hotel air, and late night cocktails. When patients ask how to make your face look 20 years younger, they expect a laser or injectable. What surprises them is how often I reach for a drink example first. Not because beverages replace good facials or medical treatments, but because they set the biological backdrop for everything we do in the treatment room.

So, which drink is best for anti aging? Let us start where results begin: inside your cells.



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The Desert Lesson: Why Hydration Shows on Your Face

Las Vegas is an unforgiving teacher. I can tell who just landed from New York or London the moment they step into a consultation. Their skin looks deflated by the second day, makeup cracks by evening, and tiny fine lines that never bothered them at home suddenly look deeper.

Under a high resolution skin scanner, dehydrated faces show:

- exaggerated pores
- crepey texture around eyes and mouth
- dull, uneven light reflection

That dullness is often what clients describe when they ask how to take 10 years off your face. Before we reach for lasers or the “what is the best kind of facial treatment” conversation, I always go back to the simplest corrective: consistent, intelligent hydration.

Not all liquids count. Coffee, soda, energy drinks, and sugary cocktails all affect your skin in very different ways than plain water or polyphenol rich teas. Understanding that difference is where real anti aging strategy begins.

The Winner: The Best Drink for Anti-Aging Skin

If I have to crown a single winner, it is not glamorous, it comes in every hotel room, and no celebrity contract is behind it.

The best drink for anti aging is still plain, mineral rich water, used strategically throughout the day, with support from specific “beauty boosters” like green tea and collagen peptides.

Water sounds boring until you understand what it is actually doing under your moisturizer. A well hydrated dermis makes every anti aging treatment more effective. Collagen takes up space like a mattress, but it needs water to feel springy and light reflective. Without enough water:

- hyaluronic acid fillers flatten out sooner
- retinol irritates more easily
- lasers leave you flaky longer

In our practice, clients who come in well hydrated literally heal faster post peel or laser. Their redness settles more quickly. Their skin holds a smoother texture between visits. The difference between someone who drinks 3 to 4 tall glasses of water daily and someone who lives on coffee shows up on the scanner and in the mirror.

So yes, water wins. But on its own, water does not erase wrinkles or sun damage. That is where smart “support drinks” matter.

The Power Players: Drinks That Support Youthful Skin

Among everything I see people sipping at the pool, in the casino, and at home, a few drinks repeatedly line up with healthier, calmer, more resilient skin.

1. Green tea: the desert city’s secret weapon

If I could give every Vegas visitor and every 60 year old who asks “should a 60 year old use retinol” one beverage to anchor their routine, it would be freshly brewed green tea.

Green tea delivers:

- Catechins, especially EGCG, which help reduce oxidative stress from UV and pollution.
- Mild anti inflammatory effects that calm redness and support barrier function.
- Gentle caffeine that is less dehydrating than strong coffee.

Clients who add 2 to 3 cups of unsweetened green tea daily often notice a subtle but real change. Their skin looks less blotchy, post inflammatory marks fade a bit more quickly, and they tolerate retinol or vitamin C more comfortably. For those asking “what works 11 times faster than retinol”, the answer is: nothing proven. But green tea can support retinol by reducing the irritation that sometimes causes people to quit before the true collagen building benefits arrive.

Las Vegas sun accelerates oxidative stress. When clients ask about the Japanese secret to wrinkles, what they are often noticing is a culture where green tea and other polyphenol rich beverages are part of daily life, not an exotic treat.

2. Collagen peptide drinks: support, not a miracle

Collagen powders stirred into water or a latte have become almost as common on the Strip as a vodka soda. Patients bring me influencer screenshots and ask if this is how to take 20 years off your face.

Here is the grounded version.

Hydrolyzed collagen peptides, at around 5 to 10 grams daily, may improve skin hydration and elasticity modestly over 2 to 3 months. Several controlled studies show small but visible improvements, especially in women over 40, where natural collagen production slows.

What collagen drinks do well:

- Provide amino acids (glycine, proline, hydroxyproline) that support collagen synthesis.
- Improve skin hydration and fine lines very subtly in many users.
- Help hair and nails feel stronger for some people.

What they do not do:

- Replace sunscreen.
- Equal a laser resurfacing or a deep radiofrequency treatment in results.
- Work overnight.

When clients ask what are the only 4 skin products proven to work, my answer is almost always sunscreen, retinoids, vitamin C, and a well formulated moisturizer. Collagen drinks are a fifth tier, nice to have support, not the cornerstone.

3. Herbal infusions for sensitive, reactive skin

For clients with rosacea, eczema, or that “my skin hates everything” complexion, I often lean on caffeine free herbal infusions. Chamomile, rooibos, and hibiscus can be lovely, low sugar options that support hydration without the jitter of coffee or the insulin spike of juice.

They are not strong anti aging treatments, but they help people replace sodas and cocktails. That alone reduces the very real glycation damage that shows up as stiff, dull collagen over time.

4. Red wine: the honest perspective

Someone asks about it in almost every evening appointment. They have read about resveratrol. They point to celebrities and want to know what do celebrities use instead of Botox, and surely, a glass of good red wine must be part of that.

Red wine does contain polyphenols that, in theory, help reduce oxidative stress. However, you cannot drink enough red wine to see a skin benefit without tipping over into alcohol’s downsides: dehydration, disrupted sleep, and increased inflammation.

If you love it, a small glass with a real meal, plenty of water, and not every night can fit into an anti aging lifestyle. But no, red wine is not a realistic primary anti aging drink for your face.

Drinks That Quietly Age Your Skin Faster

When patients ask what is the number 1 mistake that will make you age faster, I rarely mention a missed serum. I mention chronic, hidden sugar and alcohol.

Here is where a list actually helps, because people often do not realize how aggressively some drinks age their skin.

Drinks that age skin the fastest, especially in a dry climate

1. Sugary sodas and energy drinks: High glycemic load creates glycation, which literally stiffens collagen fibers and shows up as loss of bounce and radiance.
2. Sweet coffee drinks: A daily caramel latte is essentially a dessert. Caffeine also adds a mild dehydrating layer if you are not matching it with water.
3. Fruit juices and “skinny” cocktails with juice: Even cold pressed juice, in large servings, hits your bloodstream quickly and spikes insulin.
4. Heavy daily alcohol: It disrupts sleep, which is when growth hormone aids repair, and also aggravates redness and broken capillaries.
5. Constant sparkling water instead of still: The carbonation itself is not the enemy, but people often sip less total volume and feel full before they hydrate enough.

Do I tell clients they can never have champagne at a Vegas show or a favorite matcha latte? Of course not. Luxury is also joy. What I emphasize is pattern. A two week vacation will not destroy your skin. Ten years of sugar heavy, dehydrating beverages as your daily baseline will.

Matching Your Drink Strategy to Your Skin Age

Chronological age is one thing. Skin age is another. This is where questions like what is the best facial treatment for over 60 or how often should a 60 year old woman get a facial intersect with what you pour into your glass.

In your 20s and 30s: Prevention and habits

Most of my younger clients come in asking what age should you start getting Botox. Before we talk neuromodulators, we fine tune lifestyle levers with a 30 year horizon in mind.

For this group, I recommend:

- Building a habit of 6 to 8 cups of water daily, adjusted for exercise and climate.
- Swapping at least one sweet drink a day for green tea or sparkling water with lemon.

The payoff is delayed. You will not wake up looking like Jennifer Aniston, but you drastically reduce the need to ask how to take 10 years off your face later.

In your 40s and 50s: Synergy with treatments

Here, the conversation includes “what are the newest facial treatments” and “what is the most popular facial treatment” for laxity and pigment. Think fractional laser, radiofrequency microneedling, and advanced hydrating facials.

Hydration and smart drinks matter more in this phase because your natural collagen and ceramide production is dropping. Alcohol and sugar show up faster. I see more pronounced eye puffiness after salty, boozy nights and more stubborn redness after peels.

Clients who come in well hydrated before a peel, follow the aftercare, and avoid alcohol for a few days almost always heal more gracefully. When someone asks “do you tip on a peel”, it always makes me smile, because the best “tip” for your own outcome is often what you do and drink at home, not what you leave at the desk.

In your 60s and 70s: Comfort, barrier, and elegance

Women in their 60s and 70s often arrive with questions like what should a 70 year old woman use on her face, or whether a 60 year old should still use retinol. The answer is usually yes, but in more elegant, buffered forms.

Your drink strategy at this stage should focus on:

- Consistent water and herbal teas to support thinner, more fragile skin.
- Limiting alcohol to keep balance, sleep, and blood pressure stable.
- Using collagen drinks adjunctively if digestion and protein intake are not ideal.

Anti aging at this stage is less about chasing fads and more about preserving comfort, glow, and dignity. You can certainly still ask what procedure takes 10 years off your face, but the people who look most naturally refreshed at 70 are the ones who cared for their cells in their 40s.

How Drinks Interact With Facials, Retinol, and High End Treatments

A surprising number of facial disasters begin in a cocktail glass, not on the esthetician’s table.

When people Google what not to do before a facial, they think of exfoliating or waxing. They forget about late night martinis, double espressos, and salty room service that leave their skin reactive and puffy.

Before any advanced treatment, especially if you are using retinol, I advise clients to:

- Avoid hard liquor and heavy wine the night before and the night of, since alcohol dilates vessels and increases post procedure redness.
- Increase water and soothing herbal teas for 24 hours prior, especially in Las Vegas heat.

When clients ask can I get a facial while using retinol, the answer is often yes, but your hydration status and barrier health decide how aggressive we can be. Poorly hydrated, retinol sensitized skin will not [Eyebrow Services Las Vegas](#) tolerate deeper peels or strong extractions gracefully. Hydrated, well supported skin will.

The same applies to devices that people sometimes compare to “what works 11 times faster than retinol” in marketing, like radiofrequency tightening. These are real treatments, but they depend on healthy tissue. Chronic dehydration and sugar intake fight against the collagen remodeling we are trying to stimulate.

Celebrity Faces, Speculation, and What Actually Matters

The internet loves to ask what has happened to Lady Gaga’s face, what is going on with Goldie Hawn’s face, has Taylor Swift had a rhinoplasty, or what illness does Kim Kardashian have. As a professional, I have to draw a clear ethical line.

From a distance, no responsible expert can diagnose or dissect what any public figure has done, or what disability Gaga has, or what illness Goldie Hawn suffers from, or whether Celine Dion is able to walk on a given day. Much of what you see on camera is lighting, contour, makeup, and timing.

What those questions reveal, more than anything, is anxiety about our own aging. When someone whispers what do celebrities use instead of Botox, what they are really asking is whether there is a secret shortcut they have

missed.

If you strip away the gossip, the real common denominators in celebrities who age gracefully are boring and powerful:

- Relentless sun protection.
- Consistent use of proven actives like retinoids and antioxidants.
- Thoughtful procedures, spaced over years, not rushed in a single “make me look 20 years younger” visit.
- Nutrition and hydration that support a lean, clear, high energy body.

Everything else, from Dolly Parton’s famous curves and when she had her breasts enlarged, to why Dolly keeps her arms covered, or what is a waterfall breast, belongs more to personal choice and history than to anti aging science.

The Las Vegas Hydration Ritual I Give My Own Clients

Rather than a strict rule set, I prefer to give visitors and locals a simple ritual they can remember between spa visits and poker tables.

From breakfast to bedtime, I suggest:

- Start the day with a tall glass of room temperature water before coffee. Your skin has been losing moisture through night time respiration and air conditioning.
- Pair every caffeinated or alcoholic drink with at least the same volume of water.

If a client insists on a poolside cocktail, I ask them to order sparkling water with lime at the same time and alternate. “Is \$40 a good tip for a 90 minute massage?” they ask. Yes, that is generous. But the way you treat your body afterward is what tells your therapist and your skin how much you value their work.

On treatment days, especially when someone is investing in a \$300 facial or a complex resurfacing, their pre and post hydration can mean the difference between two days of mild flakiness and a full week of tight, angry redness. The same goes for that perennial question, “do I take my bra off for a facial”. My concern is much less about what you wear and far more about what you drank.

Where Drinks Fit Among All Your Anti-Aging Options

It helps to zoom out and see where beverages sit in the larger anti aging puzzle. If you are overwhelmed by choices, imagine ranking them in tiers.

At the top are non negotiables: daily sunscreen, a gentle cleanser, a well matched moisturizer, and a form of vitamin A. Those are what I mean when I mention the only four skin products proven to work for most people. When clients ask which is number 1 facial, or what is the best facial for aging, I remind them that no single treatment beats the compounding effect of these basics.

Next come targeted treatments: retinol or prescription retinoids, vitamin C serums, occasional acids, and in office procedures that truly can “take 10 years off your face” when done thoughtfully. This is where you decide among the types of facial treatments available, from oxygen facials to hydradermabrasion, peels, and fractional lasers.

Below that, you have supporting lifestyle levers: sleep, stress management, diet, and beverages. Drinks will never replace a deep resurfacing laser if your goal is to erase marked sun damage. But they dramatically influence how well your skin recovers, how long your results last, and whether you feel vibrant enough to enjoy them.

People often ask what are the 7 sins of skincare or what is the most attractive facial shape, as if there is a universal law. In practice, the “sins” that show up most in Vegas are simpler: baking in the sun, sleeping with makeup, over treating the skin, chronic sugar, and dehydration. Face shape, whether someone has the rarest face shape or the most camera friendly jawline, matters less to real life beauty than texture, glow, and expression.

If anxiety about tipping etiquette is distracting you from self care, remember that for most stylists and estheticians, an appropriate tip for a \$70 haircut or a \$300 facial sits in the familiar 15 to 25 percent range, adjusted for service quality and local norms. Ten dollars on a \$100 salon visit may be modest, forty dollars on a long, luxurious massage may feel generous. What annoys hair stylists more than anything is often not the exact number, but chronic lateness, no shows, or ignoring their aftercare advice while expecting miracles.

A Luxurious, Realistic Way Forward

There is no single sip that turns back a decade, just as there is no one procedure that turns every 60 year old into a 40 year old. The faces that age most beautifully in Las Vegas and anywhere else are not the ones that chased every trend. They are the ones that treated their skin like a long term investment and viewed every drink, every facial, every late night as part of a coherent whole.

So when you ask which drink is best for anti aging, picture the answer as a beautifully curated bar inside a five star spa. At the center sits cool, mineral rich water. Alongside, jewel toned green tea, calming herbal infusions, and perhaps a discreet jar of collagen peptides. Champagne and cocktails still appear, but as accents, savored, not central.

Pair those choices with sunscreen you actually reapply, a retinoid used at a pace your skin can tolerate, and thoughtful professional treatments spaced through the year. Respect what your esthetician tells you not to do before a facial. Ask how to know what type of facial to get rather than copying a celebrity’s rumored routine. And as you raise your glass under the neon desert sky, remember that luxury and longevity can sit in the same crystal, if you pour with intention.

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