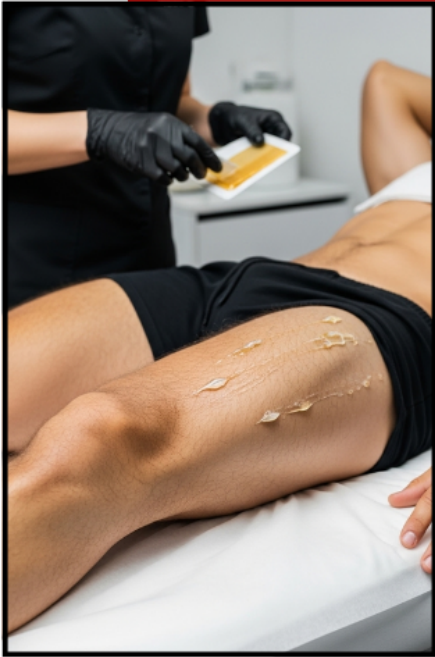


Ask ten Las Vegas regulars where to find the best anti-aging facial and you will get ten different answers, usually delivered with the conviction of a poker player holding a royal flush. Some swear by the glittering spa towers on the Strip, others insist the real magic lives in discreet medical suites tucked into Summerlin and Henderson.



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I spend a lot of time guiding clients through these choices, often for milestone trips: a 60th birthday weekend, a pre-elopement glow-up, a girlfriends' "take 10 years off our faces" getaway. What I have learned is this: there is no single No. 1 facial for everyone in Las Vegas. There is, however, a best facial for your skin, your age, your tolerance for downtime, and your appetite for luxury.

Let us walk through how to find it, from Strip chandeliers to quiet suburban corridors.

What "anti-aging" actually means when you are on the table

Anti-aging is one of those phrases that sounds glamorous and vague at the same time. If you strip away marketing, an anti-aging facial should do four concrete things.

First, it should protect your collagen, the protein that keeps skin firm and bouncy. Second, it should encourage fresh collagen and elastin production rather than just plumping you for a day. Third, it should improve texture and tone so that makeup sits better and light reflects more evenly. Finally, it should respect your skin barrier, not leave you red and peeling for a souvenir.

The question people always ask is, "What is the best kind of facial treatment?" The honest answer: it is the one that delivers those four results using methods your skin can tolerate repeatedly. A single spectacular session is

pleasant. A protocol your skin thrives on every month or two is where you see the “You look different, but I cannot say why” compliments.

From a science standpoint, most anti-aging facials revolve around a few proven pillars:

- Controlled exfoliation, either via acids, enzymes, or gentle microdermabrasion.
- Hydration and barrier repair.
- Delivery of actives such as vitamin C, peptides, or retinoids in forms skin can handle.
- Energy based stimulation such as radiofrequency or light in more advanced medical facials.

This is where Las Vegas shines. You have access to every type of facial treatment from classic European steam and extraction to fractional lasers upstairs from the blackjack tables.

Types of facial treatments you will see in Las Vegas

If you are trying to figure out what type of facial to get, it helps to have a mental menu before you start shopping the Strip and the suburbs.

Traditional spa facials focus on cleansing, mild exfoliation, massage, masking, and hydration. They are perfect reset treatments and ideal if you are using prescription retinol, on a peel cycle, or worried about irritation before a big event. When someone asks, “Can I get a facial while using retinol?” this is usually my first suggestion. As long as your skin is not actively peeling or inflamed, a gentle, non exfoliating treatment is safe. You simply stop retinol two or three days before and a couple of days after.

Next you have device-based facials, the sort you see all over social media. Think vacuum based pore cleansing with serums, ultrasound infusion, oxygen jets, and microcurrent lifting. These are the ones often described as “the most popular facial treatment” because they deliver fast, glowy results with almost no downtime. They are ideal for first timers and as “morning of” treatments before a show or photo shoot.

Then there are medical facials and procedures that edge toward dermatology. Chemical peels, microneedling, radiofrequency microneedling, IPL photofacials, fractional lasers, and biostimulator injections fall into this family. When someone asks, “What procedure takes 10 years off your face?” or “How to take 20 years off your face?” this is the zone they really mean, even if they are picturing a spa room instead of a clinic.

Finally, you have truly regenerative treatments that are emerging as the new anti-aging treatments for 2026 and beyond. You will hear words like exosomes, polynucleotides, and skin boosters whispered in the nicer Las Vegas medical spas. The idea is to coax your own skin to behave as if it is younger, rather than simply smoothing the surface.

If this all feels abstract, think of it this way: a classic spa facial makes you look like you just slept 12 hours in silk sheets. A sophisticated device-based facial makes you look like you have had a week off. A carefully chosen combination of medical treatments, done as a series, soswaxlv.com [Brazilian Waxing Las Vegas](#) can genuinely give the impression of taking 10 years off your face, especially from conversational distance.

Face shapes, “facial types,” and why they matter less than you think

You will occasionally see quizzes asking, “What are the 7 facial types?” or “What is the most attractive facial shape?” The usual list includes oval, round, square, heart, diamond, oblong, and triangle. Oval is often called the most attractive. Diamond is sometimes described as the rarest face shape.

In my chair, this matters less than people assume. Your face shape influences how aging shows up. A sharp, angular, diamond shaped face can look gaunt more quickly as volume drops, while a round face may see more jowl heaviness. But for spa facials, the bigger distinction is skin type and skin behavior: dry, oily, reactive, pigment prone, and so on.

When we talk about the best facial treatment for over 60, or what a 70 year old woman should use on her face, it is really a conversation about barrier strength, thinning skin, and slower cell turnover, not whether your cheekbones are high enough. A talented esthetician or dermatologist looks at how your skin responds to sun, product, and pressure far more than the geometry of your jaw.

The Strip: spectacle, instant glow, and convenience

Let us start where the neon is brightest.

Resort spas on the Strip excel at theatrical, deeply pampering facials. Think private spa suites, heated marble, aromatherapy, and therapists who have seen every version of a high maintenance routine. If part of the fantasy is stepping out of the treatment room, walking three minutes, and ordering champagne at a pool bar, the Strip is your arena.

The most popular facial treatments here tend to be:

First, branded hydradermabrasion facials with names you recognize from Instagram. They are perfect for hydration, mild decongestion, and a flash glow before dinner.

Second, oxygen or oxygen inspired facials that use pressurized air to infuse serums. They are gentle and photogenic. If you want to keep using retinol long term, these are good companions because they do not strip.

Third, light based facials with LED panels. Red light in particular has some evidence for supporting collagen over time, especially when done as a series.

Occasionally, you will see medical offerings upstairs from the spa: light peels, IPL, even radiofrequency microneedling. If you are trying to figure out how to make your face look 20 years younger, this is where you need to slow down. You do not want your first serious procedure squeezed between brunch and blackjack.

The Strip wins on:

Luxury: the sensory details, from robes to relaxation lounges, are choreographed.

Convenience: you do not need a car, and you can be back in your suite in minutes.

Ambience: couples rooms, group spaces, and views deepen the indulgence factor.

Where it sometimes disappoints is depth. Resort menus often lean on what photographs well and can be standardized. If you want a tailored acne plus melasma plus "I am 65 and still using retinol" protocol, you usually head off Strip.

The suburbs: serious skin in calmer rooms

Drive 15 to 25 minutes into Summerlin, Henderson, or the quieter pockets of the city and the mood shifts. You lose the chandeliers and gain parking spaces and providers whose clients tend to be locals on long term skin journeys.

When I am serious about anti-aging, this is where I send people.

Here, the question, “Which is No. 1 facial?” gets a different answer. The top slot usually goes to a treatment plan, not a single session: perhaps a monthly device-based facial combined with quarterly chemical peels, and once or twice yearly radiofrequency microneedling or laser.

These clinics are where you hear about the newest facial treatments before they become marketing slogans. Combination therapies, such as pairing microneedling with growth factor serums, or gentle laser with exosome rich topicals, are quietly becoming the workhorses of modern anti-aging. You are not going to walk out looking 20 years younger in a day, but across 12 to 18 months, the cumulative change can be dramatic.

For women over 60, these suburban practices also do something the Strip often overlooks: they respect fragility. Skin in its 60s and 70s tends to be drier, thinner, and more bruise prone. The best facial treatment for over 60 is almost never the most aggressive. It is a blend of support and stimulation, often with lower concentration peels, cautious use of retinoids, and a ruthless focus on hydration.

When clients ask, “Should a 60 year old use retinol?” my answer is usually yes, but not the way a 30 year old does. Start low strength, once or twice a week, buffer with moisturizer, and coordinate with your esthetician so you are not compounding irritation with peels and devices.

So which spa truly offers the No. 1 anti-aging facial?

If you force me to choose, my answer is frustratingly specific: the best anti-aging facial in Las Vegas is the one provided by a team that sees you more than once.

One spectacular Strip facial will make you glow all weekend. The No. 1 anti-aging facial has you coming back enough times that your provider learns how your skin blushes, breaks out, and desaturates. It may start in a resort spa, then migrate to a credentialed medical practice off Strip when you are ready for deeper work.

Here is how I suggest choosing, whether you are on the Strip or in the suburbs.

List 1: Use this brief checklist before you book any “anti-aging” facial in Las Vegas

- Ask who is actually performing the treatment and what their license is.
- Confirm whether they will adjust the protocol if you use retinol, had recent peels, or take acne medication.
- Request before and after photos for your age group, not just 25 year olds.
- Clarify downtime: redness, flaking, sun avoidance, and makeup restrictions.
- Check how many sessions they recommend for lasting change instead of one-off glow.

If a spa cannot answer these questions clearly, it is not your No. 1, no matter how pretty the lobby is.

Retinol, “11 times faster,” and what truly moves the needle

Marketing loves a dramatic claim, like “What works 11 times faster than retinol?” You will see ingredients such as retinaldehyde or certain “next generation retinoids” advertised that way. The truth is more moderate. Prescription tretinoin, OTC retinol, and retinaldehyde all sit in the same family of vitamin A derivatives, with slightly different strengths and irritation profiles.

When clients ask what are the only 4 skin products proven to work, I simplify it to this core:

First, sunscreen. Every day, generous amount, reapplied. It is the single most powerful anti-aging product, and also the answer to, “What is the Japanese secret to wrinkles?” Japanese skincare culture takes UV protection incredibly seriously, alongside gentle cleansing and consistent hydration.

Second, retinoids. Used properly, they increase collagen, smooth fine lines, and improve texture over the long term.

Third, vitamin C or other antioxidants. They help with pigmentation and environmental damage.

Fourth, a good moisturizer that supports your barrier. Especially essential for skin over 60 and 70, when ceramide levels fall and transepidermal water loss climbs.

Facials work beautifully when they support and amplify this daily core. They fail when they try to replace it.

What not to do before your facial

You can spend \$300 on a facial and sabotage half the benefits with your prep. Vegas dries people out with air conditioning, alcohol, and sun before they even lie down on the table.

List 2: Avoid these common missteps in the 3 to 5 days before a serious facial

- Do not start or increase retinol or acids; you want your skin stable, not sensitized.
- Skip at home peels and aggressive scrubs, especially around the mouth and eyes.
- Avoid new products that could trigger a reaction and confuse your esthetician.
- Minimize sun exposure to keep inflammation and pigment risk down.
- Pause waxing on the face to prevent over exfoliation and raw patches.

If you are using strong actives, tell your provider. A big part of “What not to do before a facial” is hide nothing.

Bras, tipping, and other practical etiquette questions

The most whispered question I hear is not about exosomes or radiofrequency. It is, “Do I take my bra off for a facial?” You can do whatever makes you comfortable. Many facials include neck, shoulder, and décolleté massage, so taking it off under the robe makes that easier. If the thought bothers you, mention it. A good therapist will adjust and still work wonders.

Tipping is the next minefield, especially when you are paying \$300 for a facial or more. In Las Vegas, 18 to 25 percent is standard for spa services if you are happy with the result. For a \$300 facial, that means \$54 to \$75. For medical procedures where a nurse or PA is involved, tipping is less common and sometimes prohibited, so always check the clinic policy.

People often ask, “Is \$10 a good tip for a \$100 salon service?” or “What is an appropriate tip for a \$70 haircut?” In a city like Las Vegas, where service staff rely heavily on gratuities, those amounts are on the low side unless the treatment was extremely quick or underwhelming. A 20 percent tip on a \$70 haircut is \$14. On a \$100 service, \$20 is more aligned with local expectations. For a 90 minute massage, \$40 is generous and appropriate, especially if it is priced around \$160 to \$200.

As for, “Do you tip on a peel?” If it is a spa based peel performed by an esthetician, yes, tipping is customary. If it is a medical peel overseen directly by a physician, usually not. When in doubt, you can always ask the front desk, or err on the side of a smaller tip and a heartfelt review.

Aging, celebrities, and where to draw the line

When people are curious about anti-aging, they inevitably bring up celebrities. “What does Jennifer Aniston use for anti-aging?” “What do celebrities use instead of Botox?” “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: what are they doing that I am not?

Some details are public. Lady Gaga has spoken openly about living with fibromyalgia, a chronic pain condition that can sap energy and affect how someone looks on any given day. Kim Kardashian has discussed her psoriasis and psoriatic arthritis, conditions that influence her skin care choices. Celine Dion has shared her diagnosis of stiff person syndrome, a rare autoimmune neurological disorder that can affect mobility and has, at times, limited her ability to walk or perform. These are health realities, not anti-aging strategies.

On the aesthetic side, much is speculation. Goldie Hawn's face, Dolly Parton's breasts, Taylor Swift's nose: you will find endless commentary, but very little confirmed medical detail, and even less that is kind. As a rule, I treat unconfirmed procedures on living people as private unless they choose to discuss them.

What we can say with confidence is that many celebrities use a blend of approaches: meticulous skincare routines, injectables, lasers, light procedures that sit between facials and surgery, and yes, sometimes surgery itself. Some choose Botox alternatives, such as microcurrent, radiofrequency tightening, or collagen stimulating injectables instead of traditional toxin. Others embrace fillers, threads, or full lifts.

It is also worth noting that what looks natural on a 4K camera under studio lighting may not look natural in a grocery store. The question I prefer to ask with clients is not, "What has happened to so-and-so's face?" but rather, "What level of change looks and feels right on your face, in your real life?"

How often should you get a facial, especially over 60?

Frequency is where luxury meets strategy. Under 40, with generally resilient skin, a monthly facial is lovely but not mandatory if your home routine is strong. Over 60, especially in a dry, sunny climate like Nevada, regular professional support becomes more important.

For a 60 year old woman, once every 4 to 8 weeks is a good rhythm, alternating hydrating, nurturing facials with more corrective sessions such as light peels or device-based treatments. The goal is to keep your barrier strong while gently reminding your skin to renew itself.

A 70 year old woman's face often needs more cushioning and protection than stimulation. I like to see rich ceramide based moisturizers, non stripping cleansers, mineral or hybrid sunscreens, and antioxidants that do not sting. Facials focus less on aggressive exfoliation and more on microcirculation massage, oxygenation, and carefully chosen actives like peptides or low strength retinoids if tolerated.

"How often should a 60 year old woman get a facial?" ends up being less a question of age and more of budget, schedule, and skin response. If your skin rebounds beautifully and your bank account is comfortable, monthly is ideal. If not, aim for at least four times a year, aligned with seasonal changes, and let your daily routine do the heavy lifting.

Lifestyle tweaks that rival a fancy facial

The most powerful "drink for anti-aging" is not a tincture in a crystal goblet. It is plain water, consumed consistently. After that, unsweetened green tea brings antioxidants that have modest but real benefits for skin and cardiovascular health. Alcohol, unfortunately, is not kind to collagen; neither are sugary cocktails by the pool, however festive they may feel.

If you are serious about how to take 10 years off your face, or even flirt with how to take 20 years off your face, the non-negotiables look ordinary on paper.

First, aggressive UV protection. This is the number one mistake that will make you age faster: treating sunscreen as optional or occasional.

Second, not smoking. Every cigarette constricts blood vessels, starves skin of oxygen, and breaks down collagen.

Third, sleep. Chronic sleep debt shows up as dullness, laxity, and slow healing that no facial can fully erase.

Fourth, smart skincare, as discussed earlier: sunscreen, retinoid, antioxidants, moisturizer.

Fifth, stress management. Unchecked stress floods your body with cortisol, which accelerates aging from brain to bone to skin.

If someone promises 20 years off your face with one Japanese secret to wrinkles, or one miracle serum that works 11 times faster than retinol, they are selling fantasy. Luxurious facials are the icing. Structure comes from these quieter habits.

The seven sins of skincare, Vegas edition

Las Vegas magnifies bad habits. Dry air, bright sun, late nights, and free drinks create the perfect storm. When I talk about the “7 sins of skincare” in this city, they look something like this, described briefly in prose rather than as commandments.

First, sleeping in makeup after a night out. Nothing ruins a \$300 facial faster than foundation and SPF ground into your pores for 10 hours.

Second, mixing too many actives at once. Retinol plus strong acids plus an aggressive scrub is not ambition, it is a burn risk.

Third, skipping sunscreen on cloudy days or during indoor activities on the Strip. UV penetrates glass and shrugs at clouds.

Fourth, picking at breakouts after a facial. Extractions create micro wounds that need calm, not fingernails.

Fifth, yo yo routines. Your skin hates being introduced to an entire new line every few weeks. Give products time to work.

Sixth, ignoring your neck and chest. Those areas betray age even when your facial routine is flawless.

Seventh, chasing trends instead of listening to your own face. What works for a 25 year old influencer in Tokyo may not suit a 65 year old retiree in Henderson.

Avoid these, and you have already earned half the benefits of an anti-aging facial before you book.

Hair, price tags, and staying on your stylist's good side

Since beauty days in Las Vegas often include both spa and salon, let us address hair. “Is \$60 normal for a haircut?” In many Vegas salons, yes, for a basic cut with a mid level stylist. High end Strip resorts and master stylists will charge more, often much more.

As for what annoys hair stylists, three behaviors rank high when I talk to them between clients. Showing up 20 minutes late to a tight schedule without warning. Moving your head constantly while they are using sharp scissors. And expecting dramatic color corrections or “make me 20 years younger” transformations in a single session without damage or extra time.

Your stylist, like your esthetician, is most effective when you treat them as a partner, not a magician.

So where should you book, right now?

If you are visiting Las Vegas for a few days and want one perfect facial, choose the Strip if you prioritize atmosphere, ease, and the sense of being lavishly looked after. Look for a device-based, hydrating, non aggressive service with extra massage and LED. You will walk out gleaming, ready for photos, and you will not have to think about downtime.

If you live here, or visit often enough to build a relationship, venture into the suburbs. Seek out a medical spa or dermatology practice with excellent reviews, conservative before and after photos, and providers who talk more about long term skin health than instant “snatched” results. Ask about a plan that mixes facials, smart at home products, and one or two well chosen energy based procedures across the year.

The No. 1 anti-aging facial in Las Vegas is not a trademarked name on a brochure. It is the treatment that respects who you are, where you are in life, and how you want to look when the bright lights turn off and you are back in natural daylight. Strip or suburbs, that is the real luxury.

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