

Seventy can be exquisite.

I say that as a dermatologist who spends her days in exam rooms with women in their sixties, seventies, and eighties, especially here in Las Vegas, where the desert air and obsessive air conditioning are not especially kind to skin. The women who age most beautifully are not the ones who chase every trend. They are the ones who edit. They know what truly matters and they let the rest go.

If you are wondering what a 70-year-old woman should use on her face, think less about looking twenty again and more about making your face look rested, luminous, and comfortable to live in. Glamour looks different at 70, but it is just as powerful.

Let us start with the non-negotiables, then walk slowly through facials, procedures, retinol, celebrity gossip, tipping etiquette at the spa, and the small habits that quietly take 10 years off your face over time.

What skin at 70 really needs, especially in Las Vegas

By 70, three things are happening at once. Collagen is naturally declining, skin is thinner and more fragile, and the barrier that keeps moisture in is weaker. Add Las Vegas heat, desert humidity under 20 percent much of the year, and sun exposure piled up over decades, and you get dryness, redness, spots, and fine criss-crossed lines that makeup loves to collect in.

The goal is not to strip, resurface, and start over. The goal is to coax.

Products and treatments need to:

- protect from further damage
- replenish moisture and lipids
- gently nudge collagen, not bully it

If a product leaves your skin tight, stinging, or chronically flaky at 70, it is the wrong product, no matter how luxurious the label looks.

The only four categories of products you truly need

There is a lot of noise about “What are the only 4 skin products proven to work.” Dermatology is rarely that tidy, but if I strip a routine down to the essentials that consistently change skin, it is these.

Here is one of the two lists I will use in this article:

- A gentle, non-stripping cleanser
- A high-tolerance, high-SPF sunscreen
- A well-formulated moisturizer with humectants and ceramides
- A prescription or well-chosen over-the-counter vitamin A (retinoid / retinol)

Everything else is optional: fragrance mists, expensive masks, 12-step rituals. Nice to have, sometimes pleasurable, but not what holds your face together in a Las Vegas summer.

1. Cleanser: quiet luxury, not foam and fragrance

At 70, you want a cleanser that respects the barrier. Think creamy or milky, no harsh surfactants, no strong fragrance, no “tight” feeling afterward. If you like the ritual of a double cleanse at night, use a fragrance-free cleansing balm or oil first, then a gentle cream cleanser. In our desert climate, many women at 70 can skip morning cleansing altogether and simply rinse with lukewarm water, then go straight to skincare.

If your face feels squeaky, it is over-cleansed. Squeaky at 25 is a choice. Squeaky at 70 is damage.

A promotional graphic for SOS WAX Teeth Whitening in Las Vegas. It features a red hexagonal logo with 'SOS WAX' in white. Below the logo, the text 'TEETH WHITENING LAS VEGAS' is written in large, bold, black capital letters. To the right is a portrait of a smiling woman with bright white teeth. Below the text, the business name 'SOS WAX And Skincare' is followed by the address '9484 W Flamingo Rd #160, Las Vegas, NV 89147', the phone number '702 907-8070', and the website 'https://soswaxlv.com/teeth/'. A QR code is located in the bottom right corner of the graphic.

SOS WAX

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2. Sunscreen: the closest thing to a time machine

If you are looking for *how to take 10 years off your face* or asking *what is the #1 mistake that will make you age faster*, the answer in both directions is sun.

Unprotected sun exposure is the single fastest way to age your face. Not just in your thirties, but now. At 70, sunscreen still matters tremendously, because ultraviolet light continues to break down collagen and trigger pigment. You can laser and peel all you want; if you skip sunscreen, you are paying to walk uphill in sand.

Look for a broad-spectrum SPF 30 to 50, ideally mineral or a mineral-hybrid if your skin is sensitive. Apply more than you think: a generous nickel-sized amount for the face, plus your neck and upper chest. In Las Vegas, I nudge my patients toward hats and large sunglasses when they go from casino to valet to lunch. That sliver of midday sun adds up.

For the question “Which drink is best for anti aging,” water and green tea do more for your skin than any collagen cocktail. Hydration from the inside and sun protection on the outside are the most boring, most powerful combination in skincare.

3. Moisturizer: comfort as a beauty strategy

Well-moisturized skin looks younger, even if the wrinkles remain. It reflects light more evenly, makeup glides rather than clings, and the surface texture softens.

At 70, prioritize:

- ceramides and fatty acids to repair the barrier
- glycerin and hyaluronic acid to pull in water
- textures that feel sumptuous, not sticky or heavy

In the desert, a richer cream at night is almost always helpful. During winter, many of my Las Vegas patients use an ointment or balm as a final “seal” over their night cream, especially if they sleep with the heater on.

4. Retinoids and retinol: yes, a 70-year-old can use them

A lot of women ask, “Should a 60 year old use retinol?” By 70, the question feels even sharper. The short answer: yes, as long as it is introduced thoughtfully and monitored.

Retinoids remain the gold standard for anti-aging topicals. Prescription tretinoin, adapalene, or tazarotene have the most data on boosting collagen and smoothing fine lines. Over-the-counter retinol and retinaldehyde are gentler, with slower results, but also less irritation.

You might have seen claims about a particular ingredient that “works 11 times faster than retinol.” Marketing takes a small lab finding, removes the nuance, and turns it into a headline. Most of those comparisons are made in test tubes, not 70-year-old Las Vegas skin. In real faces, consistent retinoid use over months and years quietly transforms the skin’s texture and tone. Faster is not always better, especially when your barrier is already fragile.

For a 70-year-old starting or restarting vitamin A:

- choose a low strength, often a gentle retinol or micro-dose tretinoin
- use it just once or twice a week at first
- always pair with a generous moisturizer

If your skin is chronically peeling or stinging, you are not “toughing it out.” You are injuring your barrier. Pull back, moisturize, and speak with your dermatologist about adjusting strength and frequency.

Facials at 70: what is the best kind of facial treatment?

Facials can be lovely at any age, but especially later in life, they must be chosen like you choose jewelry: selectively, with an eye for craft and quality. The question “What is the best kind of facial treatment” does not have a universal answer. It has a “best for *your* face, in *your* climate, at *your* age.”

What are the types of facial treatments worth considering?

A few categories tend to work beautifully for women in their seventies:

Hydrating facials

These focus on infusion of moisture and barrier repair rather than aggressive exfoliation. Think gentle enzymatic exfoliation, soothing masks, and oxygen facials, often paired with light lymphatic massage. In Las Vegas, where air conditioning is relentless, these are often the most popular facial treatment among my mature patients.

Gentle chemical peels

Low-strength lactic or mandelic acid peels can soften fine lines and brighten dullness without excessive downtime, especially when performed by a dermatologist or skilled medical aesthetician. For 70-plus skin, we tread lightly and avoid the abrupt “frosted” peels that might have sounded exciting in your forties.

Hydrafacial-type treatments

Hydrafacial and similar machines cleanse, exfoliate, and infuse serums in a single session. When the settings are adjusted for mature, thinner skin, these can give a smooth, “juicy” glow that lasts for days. If you are asking, “Which is no. 1 facial” or “What is the most popular facial treatment,” in many luxury med spas it is some variation of Hydrafacial, precisely because it is so customizable.

Light therapy and microcurrent

Red LED light can soothe inflammation and support collagen at a very low risk level. Microcurrent devices gently stimulate facial muscles and give a temporary, subtle lift that many women love before events. They are among the things some celebrities use instead of Botox when they want lift and tone but are not ready, or willing, to freeze expression.

How do I know what type of facial to get?

At 70, the right facial flows from three questions:

- How sensitive is your skin right now?
- What medications and actives are you using at home, particularly retinol or prescription retinoids?
- Are you preparing for an event, or building long-term skin health?

If you are already on retinoids, strong exfoliating facials should be dialed down. If you bruise easily, aggressive extractions and firm massage may not be ideal. A good aesthetician will ask detailed questions before recommending anything. If they do not, walk away.

Can I get a facial while using retinol?

Yes, with planning.

Retinoids thin the outermost layer of dead cells, which makes the skin more responsive but also more fragile. When you schedule a facial, let your provider know exactly what you are using. This is where the question “What not to do before a facial” really matters.

Here is the second and final list in this article, because it is concise and important:

- Do not use retinoids, strong acids, or scrubs for 3 to 5 days before your appointment
- Do not wax the face immediately beforehand
- Do not arrive sunburned or freshly tanned
- Do not take aspirin or blood-thinning supplements right before an extraction-heavy visit, unless your physician requires them
- Do not wear heavy makeup to your facial; let them see your real skin

After the facial, wait at least a couple of nights before restarting retinol unless your dermatologist advises otherwise.

And yes, “Do I take my bra off for a facial” comes up more than you might think. For most spa facials, you will be given a wrap or gown, and the therapist will work on your face, neck, and décolleté. Many women feel more

comfortable removing their bra so straps do not interfere with massage and cleansing, but it is entirely optional. You should never feel pressured.

Professional procedures: what really takes 10 years off your face?

The phrase “What procedure takes 10 years off your face” is everywhere, and it can be dangerous. No laser or injection truly resets the clock. What you can do is selectively soften the signs of time that bother you the most.

At 70, the big changes are usually volume loss, skin laxity, and texture, especially in a sun-intense environment like Nevada.

Lifting and contouring

For real structural change, a well-performed facelift or neck lift still does more than any noninvasive device. It moves descended tissue back where it used to live, which is what many people mean when they ask how to make your face look 20 years younger or how to take 20 years off your face. On the right candidate, a natural facelift can easily give the impression of a decade’s worth of reversal.

If you are not ready for surgery, ultrasound and radiofrequency tightening can gently contract collagen and improve jawline definition, but their effects are more modest and require maintenance.

Texture and pigment

Lasers and peels [SOS WAX and Skincare Eyebrow Services Las Vegas](#) help with “old Las Vegas sun” skin. Fractional lasers, both ablative and non-ablative, can soften etched lines around the mouth and eyes, lift stubborn pigment, and improve crepiness. Settings at 70 need finesse; a good dermatologist will trade intensity for safety and longer-term results.

For some of my older patients, the best “take 10 years off” combination is subtle: a fractionated laser session, targeted filler in the midface and temples, a touch of neuromodulator for deep frown lines, and religious sunscreen use. The result is not “Who is her surgeon?” but “She looks rested.”

What are the newest facial treatments and future trends?

Looking toward 2026, the new anti-aging treatments worth watching build on existing science rather than tossing it out. Better delivery systems for retinoids that keep them effective yet gentle for mature skin. More refined radiofrequency microneedling devices that treat laxity with less downtime. Biostimulatory injectables that quietly encourage your skin to make its own collagen over months instead of filling everything overnight.

There is also growing interest in exosome-based treatments and regenerative injectables. Some of these will pan out, some will not. At 70, I recommend you invest in well-studied treatments with proven long-term safety, not the latest “miracle” that no one has 10-year data on yet.

Celebrity faces, gossip, and what really matters

You mentioned names like Goldie Hawn, Lady Gaga, Dolly Parton, Taylor Swift, Celine Dion, Kim Kardashian, and Jennifer Aniston. Their faces and bodies are dissected constantly. It is human to wonder, “What happened to Goldie Hawn’s face” or “Has Taylor Swift had a rhinoplasty” or “What has happened to Lady Gaga’s face.” As a physician, I approach these questions carefully.

Most of what is said online about “what’s going on with Goldie Hawn’s face” or the exact date “When did Dolly Parton have her breasts enlarged” is speculation. None of us sat in their consult rooms. What we *do* know is that both Goldie Hawn and Dolly Parton have spoken openly about enjoying cosmetic procedures in general. That is their choice, tailored to their faces, their careers, and their cameras.

Similarly, people search for “What is Dolly Parton’s cup size” or “What is a waterfall breast” or “Why does Dolly keep her arms covered.” Cup sizes, scars, and private reasons for clothing choices do not belong in a medical discussion of your skincare at 70, except to make one point: comparing your real, lived-in body to performative celebrity images is a recipe for dissatisfaction.

On illness, we have firmer ground. Lady Gaga has spoken publicly about living with fibromyalgia, which is likely what some mean when they ask, “What disability does Gaga have.” Kim Kardashian has openly discussed her psoriasis, so if you wonder “What illness does Kim Kardashian have,” that is the one she and her doctors have confirmed. Celine Dion has shared her diagnosis of stiff person syndrome, a serious neurological condition that affects mobility, which has prompted questions such as “Is Celine Dion able to walk.” She has described significant challenges, but the specifics of her daily abilities change with treatment and time.

Goldie Hawn, on the other hand, has not announced any particular illness despite frequent speculation. “What illness does Goldie Hawn suffer from” is a question the internet cannot answer truthfully, because she has not made such a disclosure.

Jennifer Aniston is often held up as a standard for graceful aging. When people ask “What does Jennifer Aniston use for anti-aging,” what we reliably know from her own interviews is less magic serum, more consistency: sunscreen, retinol, professional treatments like lasers and peels, nutrition, and exercise. Many celebrities also use alternatives or complements to Botox, such as microcurrent, radiofrequency tightening, high-frequency facials, and meticulous skincare. But keep in mind that they layer these on top of professional teams, genetics, and often, subtle surgery.

The most luxurious thing you can borrow from celebrities is not their exact routine. It is their commitment to maintenance. Small, regular care ages more beautifully than rare, aggressive fixes.

Face shapes, “attractiveness,” and what you can and cannot change

Search trends about “What are the 7 facial types,” “What is the rarest face shape,” and “What is the most attractive facial shape” speak to a urge to classify ourselves. The classic seven are usually oval, round, square, heart, diamond, oblong (or rectangular), and triangle.

Oval is often labeled the “most attractive facial shape” in old-school beauty manuals because it balances width and length. The rarest face shape is usually considered diamond: narrow forehead and chin with prominent cheekbones. These categories can be helpful when choosing hairstyles or glasses, but at 70, surgically chasing an “ideal” face shape is not where I recommend you invest your energy.

You can enhance balance with subtle filler at the temples, cheeks, or jawline, and you can refine contours with weight management and skin tightening. But your face shape is part bone structure, part genetics, and frankly, part personality. Some of the most arresting faces I see at 70 live far outside the so-called “ideal.”

The Japanese “secret” to wrinkles and what truly slows aging

People love to ask, “What is the Japanese secret to wrinkles.” The answer is less secretive than it sounds. Culturally, Japan tends to emphasize:

- daily UV protection, often from a young age
- hats and physical shade
- gentle cleansing, not harsh scrubbing
- green tea and a diet relatively rich in fish and vegetables

Translate that to Las Vegas life, and you get: sunscreen, a wide-brimmed hat, fewer tanning beds in your twenties, and a long relationship with your dermatologist.

If your goal is to make your face look 20 years younger, start with promises you can keep at 70: no more intentional sunbathing, sunscreen as habit, a retinoid that your skin actually tolerates, smarter hydration, and enough sleep for your body to repair itself. Collagen is slow. Give it time.

Spa etiquette, tipping, and what annoys stylists and aestheticians

Since your keywords touched on tipping and salon etiquette, let us address it briefly, because feeling awkward can keep women from indulging in the care they deserve.

Is \$10 a good tip for \$100 salon? In most US cities, including Las Vegas, 15 to 20 percent is standard for personal services. For a \$100 haircut, that means \$15 to \$20. Asking “What is an appropriate tip for a \$70 haircut” puts you in the same range, about \$10 to \$15. “Is \$60 normal for a haircut” depends on the salon, but in an upscale setting, \$60 to \$120 for a cut is common.

“How much should you tip for a \$300 facial” depends on whether it is in a medical office or spa. In med spas, 15 to 20 percent is still common, so \$45 to \$60. In a dermatologist’s office where a nurse or physician is performing a medical peel or laser, tips are usually not expected. When in doubt, ask the front desk what is customary. For “Do you tip on a peel,” if it is a spa peel, yes. If it is a medical peel by a nurse or doctor, usually no.

“Is \$40 a good tip for a 90 minute massage” is generous in most settings, as that typically falls in the 20 percent range or higher, depending on the base price.

As for “What annoys hair stylists,” the same things frustrate aestheticians and dermatologists: chronic lateness, no-shows without a call, arguing with expert advice while demanding miracles, and coming in with unrealistic expectations fueled by heavy filters and celebrity photos. The relationship works best when you are honest about what you want, open to guidance, and kind when outcomes are not identical to the image in your head.

What a 70-year-old woman should actually use on her face: a refined blueprint

Let us pull this together into a life-friendly routine that would work for many 70-year-old women in Las Vegas or any dry, sunny city.

Morning, keep it simple. If your skin is dry, just rinse with lukewarm water. Pat dry. Apply a hydrating serum if you enjoy it, then a moisturizer that feels rich but not greasy. Finish with a broad-spectrum SPF 30 to 50, applied generously to face, ears, neck, and décolleté. If you wear makeup, choose a base that adds moisture rather than a long-wear matte formula that clings to fine lines.

During the day, drink water regularly and, if you enjoy it, unsweetened green tea for its antioxidant benefits. This answers more honestly than any advertisement the question of which drink is best for anti aging. Avoid smoking. Manage stress as tightly as you manage your calendar. Chronic stress does to collagen what sun does to pigment.

Evening, remove makeup with a gentle balm or oil, followed by your cream cleanser. A few nights a week, on skin that is fully dry, apply your retinol or prescription retinoid in a thin layer. Follow with a nourishing moisturizer. If the air is dry or your heater is on, add a thin layer of balm over the driest areas like the sides of the mouth and under the eyes.

Once a month or so, treat yourself to a hydrating facial or low-intensity treatment that suits your skin. Once or twice a year, if you wish, explore medical-grade treatments with your dermatologist: a light fractional laser for texture, targeted filler, or a gentle peel.

The most luxurious thing you can offer your 70-year-old face is not constant change. It is consistency, curated products, and medical guidance that respects both your age and your ambitions. A desert flower is no less beautiful than a greenhouse rose. It simply needs different care.

SOS Wax and Skincare

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