



### Uplifting procedures

Those with moderate sagging around the neck and some loose skin may want to consider a skin-tightening procedure like the SmartSkin laser with Affirm CO<sub>2</sub> technology, which resurfaces skin and stimulates collagen production. "The grid created over the skin targets damaged tissue to correct laxity, pigmentation, sun damage, wrinkles, and surface irregularities with no anesthesia and minimal downtime—only a few days of redness and swelling. A benefit of this laser is that it can be used not only to treat the face, but also to correct sun damage to the neck," says Littleton, CO, facial plastic surgeon Brent J. Smith, MD, who recommends four to six treatments three weeks apart. Although laser skin resurfacing offers subtle results, Dr. Smith says that in order to garner the most dramatic results, surgery is usually needed. "A cheek- and necklift—where lax muscles are tightened and elevated to a more youthful position—combined with liposuction along the jawline can restore definition to the lower face."

- + ● ● ● ● PRODUCT PICKS FOR DO-IT-YOURSELF RESULTS
- + + + ● NONINVASIVE TREATMENTS WITH LITTLE TO NO DOWNTIME
- + + + + SURGICAL SOLUTIONS THAT DELIVER DRAMATIC RESULTS

SEVEN WAYS TO GET A

# FIRMER JAWLINE

A loss of elasticity and decreased firmness—especially along and below the chin where the skin is delicate—cause fat and the underlying tissues that give our skin a plump look to thin out and shift downward, below the jawline. The result? A loss of volume in the lower face, wrinkles, jowls and sagging skin around the neck, all which can make you look older than you are.



### Plump up the volume

Hyaluronic acid fillers, like Restylane, Perlane and Juvéderm, are popular ways to recontour the jawline without having to undergo surgery. Using injectables and fillers is a quick and easy option for restoring lost volume to the face. Most times, the treatment takes less than 30 minutes and generally does not require downtime or anesthesia (only a topical numbing cream is used if needed). Though you may experience some bruising, swelling or even redness at the injection site, the results are immediate and last anywhere from six months to a year, depending on the filler used and the area injected. But if you're looking for more permanent results, your doctor may recommend fat grafting—a surgical procedure where fat is removed from an area of the body (like the hips, thighs or buttocks) and injected into the deep tissues of the face. The procedure is performed under local anesthesia or mild sedation and may require a few days of downtime. Keep in mind that with fat-grafting procedures, generally 30 to 50 percent of the fat that's transferred stays permanently, so you may opt to repeat the procedure to obtain the maximum results.



### SELF-HEATING SERUM

Inspired by in-office skin-tightening treatments that use infrared light to remodel the texture of the skin, **Orlane Thermo-Active Firming Serum** is formulated with tourmaline, a semiprecious stone that gives off infrared energy, and is claimed by the manufacturer to create similar tightening effects. The warm, gel-like serum melts into the skin, infusing it with rye extract, which causes the cells to swell, and oat extract, which visibly lifts slack skin. **\$300, [neimanmarcus.com](http://neimanmarcus.com)**



### REPAIR YOUR DNA

Sleep your way to a firmer jawline with **April Rain Night Rainew**, a supermoisturizing overnight cream that features 21 hydrators to quench thirsty skin cells. Drenching the skin in peptides, the thick-textured, delicately scented cream stimulates collagen production and helps smooth away fine lines and wrinkles. **\$129, [aprilrain.com](http://aprilrain.com)**



### CAMOUFLAGE DAMAGE

Mask imperfections such as large pores, fine lines and uneven skin tone with **Shiseido Makeup Lifting Foundation SPF 16**. This creamy foundation also protects against the sun's damaging rays, which can cause the skin along the jawline to become crepey. Infused with skin-plumping hyaluronic acid to "fill in" fine lines, it contains light-diffusing particles to redirect the way light reflects off the face, creating the illusion of fewer wrinkles. **\$42.50, [sca.shiseido.com](http://sca.shiseido.com)**



### SMOOTH FINE LINES

**Vitivia Pro-Vitamin A15** is a topical vitamin treatment that you apply to clean, dry skin every morning for a month to enhance volume and elasticity. A natural exfoliant, vitamin A sloughs away dead skin, stimulating the production of new cells. The 28 airtight capsules are individually sealed to ensure no outside stressors, such as oxygen or light, weaken the purity of the vitamin A inside. **\$70, [vitivia.com](http://vitivia.com)**



### ORGANIC WRINKLE REDUCER

Chock-full of vitamins A, B and E to protect against collagen-destroying free radicals, plus extracts of skin-strengthening white truffle, **Om Aroma Crème Luxe 2** is the all-natural answer to temporarily reduce sagging skin. This lemon-scented, buttery cream contains wrinkle-reducing ingredients like organic lavender, carrot, apricot and ginkgo, along with skin-conditioning peptides that protect against further damage. **\$95, [omaroma.com](http://omaroma.com)**

### TIMELY TREATMENTS

use over-the-counter products that stimulate collagen synthesis and contain hyaluronic acid on a regular basis

### DRAMATIC REMEDIES

injectable fillers and/or fat grafting can restore lost volume

### SURGICAL SOLUTIONS

CO<sub>2</sub> laser rejuvenation reverses years of damage, while a cheek- and necklift, combined with liposuction, offers permanent results