

# NEW BEAUTY®

ANTI-AGING

## 30 Doctors Share the Number-One Anti-Aging Tip They Always Give Their Patients It's the little things.

By Olivia Wohlner · Published: Jun 19, 2023



**W**hether its over-the-counter wrinkle creams and firming serums or plastic surgery and cosmetic procedures, anti-aging is one of the hottest topics of conversation in the world of skin care. In today's world, it can be hard to navigate what really works when it comes to turning back the clock.

When it comes to anti-aging, there is one type of person whose advice we treasure most: our beloved doctors. In search of answers for the best and most sure-fire tips for maintaining a youthful complexion, we reached out to expert dermatologists, plastic surgeons and facial plastic surgeons to pick their brains about what they consider their biggest piece of anti-aging advice. From lifestyle tips to sage sunscreen advice, doctors say the best anti-aging recommendations don't have to be so complicated.

# Doctors Share Their Biggest Tips for Anti-Aging

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## Not Just Sun Protection, Sun Avoidance

“The most important anti-aging practice is sun protection and avoidance. That is the game-changer for skin tone, texture and elasticity. And the win-win is that it improves overall skin health as well!”—Houston, TX dermatologist Jennifer Segal, MD



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## Self-Reflection

“The cornerstone of effective anti-aging isn’t just about what we add to our routines, but recognizing what we often overlook. One critical, yet frequently neglected, aspect is the comprehensive protection against UV exposure. Despite its simplicity, daily application of broad-spectrum SPF 30 sunscreen is a non-negotiable step that many skip, leaving their skin vulnerable to premature aging.

Furthermore, the importance of antioxidants like Vitamin C, E, and Ferulic acid is often underestimated. These powerful agents, central to our Simply Serum® (CE + Ferulic) (\$160), shield the skin from environmental damage and are essential for maintaining long-term skin health and resilience against aging.

Another commonly overlooked practice I see often is the care of the neck, chest and hands. These areas can age just as quickly as the face, yet they are frequently ignored in skincare routines. A truly comprehensive approach to skincare includes these areas to achieve a harmonious and youthful appearance across all skin surfaces.

In essence, anti-aging is about more than just addressing visible signs; it’s about holistic care and not overlooking simple yet foundational practices.”—Melville, New York dermatologist Kally Papantoniou



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## Healthy Habits

“Eat well and limit your alcohol intake. Alcohol is a sugar and sugar damages collagen. A healthy liver shows in your clear skin. Get a healthy amount of exercise, too—a strong body influences a young stance and mindset.”—New York dermatologist Lee Ann Klausner, MD



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## Do Your Research

“People who follow cosmetic surgery on social media channels or in any venue, whether it be TikTok, Facebook or something else, often come in wanting a certain procedure or product because they have heard it is good. Often, the products they consider are either overhyped or the risks and side effects have been glossed over without full explanations on what could happen if things go wrong. That’s not to say that good ideas aren’t out there, but it’s important to take everything with a grain of salt that you hear. Also, if and when you consult a dermatologist or plastic surgeon, find out if they do the procedures you are considering at the clinic. This primarily goes for neurotoxins and fillers, but can be inclusive of certain invasive facial laser procedures. If they don’t, you may want to reconsider going there. While some ‘extenders’ can be excellent and some surgeons, not-so-great, it says a lot if they don’t even consider these procedures worthy of their time.”—Omaha, NE Joel Schlessinger, MD



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## Cover Up

“I know derms say this all the time but the #1 recommendation is sun protection everyday on all skin not covered with clothing, and not just with sunscreen. Remember a hat and sun protective coverage of the areas most at risk like the back of the neck and upper back, shoulders, and the chest. Dermatologists refer to chronologic age and skin age, and chronic sun exposure can produce a skin age decades beyond the chronologic age.”—New York dermatologist Heidi A. Waldorf, MD





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## Personalized Care

“Medical grade facials, skincare treatments and neuromodulators like Botox are often underrated practices for anti-aging. In my view, anti-aging facials conducted in a physician practice setting usually involve a mix of specialized treatments that target aging signs such as fine lines, wrinkles, loss of firmness and uneven skin tone. Tretinoin, or Retin-A, is a topical retinoid highly effective for anti-aging because it speeds up skin cell turnover, encouraging the shedding of old, damaged cells and promoting the growth of new, healthier ones. This results in smoother and more even skin. Also, neuromodulators like Botox are commonly used for cosmetic reasons to minimize the appearance of wrinkles and fine lines by temporarily paralyzing facial muscles. Although it’s commonly used to address existing lines, some younger individuals use it proactively to delay future wrinkle formation.”—Wayne, NJ plastic surgeon Jeffrey B. Wise, MD



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## Laser Central

“Personally, I think finding the 5 days of ‘sunburn-like downtime’ to do a fractional laser treatment, like HALO, at least once a year to help with smoothness, pigment and luminosity is totally worth it. In addition, doing Thulium 1927 laser treatments, like Moxi, LaseUltra etc, with just a couple days of being pink and dry helps not only decrease sun-damage but also some precancers and even seemingly the incidence of some skin cancers.” —Denver, CO dermatologist Joel Cohen, MD



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## Protect Your Neck

“By now, we all know how important it is to wear sunscreen everyday to prevent the damaging effects of UV rays, sunburn, and premature wrinkles. As a facial plastic surgeon, I see a lot of patients who skipped this vital step in their skin-care routine and now have photoaging and signs of early aging changes that could’ve been prevented. It is essential to use sunscreen, but I always tell my patients not to neglect their neck.

The skin on the neck is thinner and more delicate than other areas of our body and usually most exposed to the outside elements, yet it’s often overlooked when applying sun protection, making it more susceptible to wrinkling and sagging. By consistently applying sunscreen to both the face and neck as well as the rest of the body, individuals can preserve the elasticity of the skin and maintain a more youthful appearance.” —New York facial plastic surgeon Konstantin Vasyukevich, MD



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## Consistency Is Key

“When it comes to treating the skin and maintaining its health, it’s important to understand that there’s no magic pill or quick fix. Consistency and patience are key. Just as you would commit to a regular exercise routine, make skin care a daily ritual and embrace it as a moment of self-care and rejuvenation. By being mindful of the products you use and their ingredients, you can enhance your skin’s resilience and promote a graceful transformation. Treating your skin is not about seeking instant results or relying on a single solution. It’s about understanding that the health and vitality of your skin require a multi-faceted approach. By nurturing your body from the inside, protecting your skin from external damage, and embracing a consistent skin-care ritual, you can support your skin’s natural rejuvenation process and promote long-term anti-aging benefits.”—New York dermatologist Julie Russak, MD



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## Steady Weight

“One of the main things I tell patients when it comes to preventing signs of aging is to try and avoid sudden or consistent weight fluctuation. While losing weight and staying on the thinner side has a lot of health benefits in terms of blood sugar, diabetes, blood pressure and more, losing and gaining weight on and off can have real impacts on skin laxity.

Loose skin is a big sign of aging and sometimes, after losing weight, it can be really hard to get loose skin back to it’s original, firm texture, so I advise patients to try and keep their weight steady and as healthy as possible.” —New York plastic surgeon **Elie Levine, MD**



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## Beauty From Within

“The only way to look youthful as you age it is to have beautiful, healthy skin, and this is best achieved with life-long prevention from damaging factors like sun and acne, as well as introducing medical-grade topicals with vitamin C, glycolic, retinols, peptide and growth factor rich moisturizers and hyaluronic acid products applied twice a day as we age.

Non-aggressive skin treatments once every 2-3 months are essential along side with the medical-grade skin care. IPL, BBL, microneedling with or without PRP/PRF, light chemical peels, light Halo and eMatrix and occasional discrete vessels treatments are all good option. Additionally, be careful not to seek out aggressive skin treatments as there are often adverse reactions that can leave skin damaged forever.” —Scottsdale, AZ facial plastic surgeon Kelly Bomer, MD



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## Early Intervention and Expert Ingredients

“My number-one tip for anti-aging has shifted a little over time. While I have always been a minimalist I am starting to think and appreciate more about earlier interventions. As always, I think that tretinoin or other retinoids are critical, but I am also convinced that the use of niacinamide and vitamin C both topically and orally are great for the skin. However, I am starting to come around to having people get treated earlier in life but with less products. So, small amounts of botulinum toxins or treatments like Sculptra and Clear and Brilliant resurfacing are now part of my regimen for patients in their 20s.”—Jupiter, FL dermatologist Kenneth Beer, MD



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## Apply, Apply, Apply

“Many patients don’t realize that UV light will penetrate clothing and most bathing suits. Applying sunscreen in the summer over your face is crucial, and probably the most important powerful long-term anti-aging tool. But, you should also apply it over body scars from recent surgeries such as tummy tuck and breast lift scars.”—New York plastic surgeon Daniel Maman, MD



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## Energy Stimulation

“Anti-aging can begin at any age with collagen regeneration. Our collagen breaks down and is rebuilt regularly. When we are young, this process goes unnoticed, but as we age our collagen starts to get replaced with less youthful products like elastin. The newer, energy-based technologies and collagen-regenerating injectable stimulants have taken anti-aging to new heights, allowing collagen to be recreated at all levels of the skin—even on bone—allowing us to mature agelessly.”—New York dermatologist Orit Markowitz, MD



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## The Perfect Mix

“Integrating a skin-care ritual as a part of your daily healthy habits can elevate skin resilience and youth. This version of a skin-care routine can be embraced as a mindful moment of peace, pleasure and graceful transformation for the skin and mind. As we practice this moment of self-care through skin care, we savor the sensual (aromatic, textural and visual) aspects of products as well as awareness of the ingredients and their skin benefits. This cosmetic holistic philosophy is termed Stamina Synergy.”—Davie, FL dermatologist Marianna





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## Eye Spy

“One of the most overlooked anti-aging strategies is the use of quality sunglasses that block both ultraviolet and infrared rays to prevent premature aging of the eye’s lenses.”—Eugene, OR plastic surgeon Mark Jewell, MD



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## Daily Prevention

“An ounce of prevention is worth a pound of cure, so I recommend all my patients to use sunscreen daily and reapply it throughout the day. This way they can delay premature aging like brown spots and wrinkles and prevent skin cancer.”—Miami dermatologist Annie Gonzalez, MD



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## Fight Puffiness Before It Starts

“I tell my patients with undereye bags or dark circles to take an oral over-the-counter oral antihistamine like Claritin or Zyrtec every day to diminish swelling and vascularity (or discoloration) under the eyes. However, it is important to differentiate the antihistamine from a decongestant. The latter (decongestant) is like speed—it will make the user hyper and could be addictive.”—Washington, D.C. dermatologist Tina Alster, MD



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## Balancing Act

“A balanced lifestyle with adequate amounts of sleep, exercise (including yoga and meditation), tretinoin cream and sunblock.”—Duxbury, MA plastic surgeon Christine Hamori, MD



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## Bright Defense

“Be sun-smart at as young an age as possible. Nothing looks more beautiful in your 50s than sun protection in your 20s. Also, gentle, subtle, small refinements over time go a long way towards aging beautifully and authentically. This is never about chasing lines, it’s about tearing down the anti-aging sentiments and being pro aging-beautifully.”—New York dermatologist Doris Day, MD



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## Protect and Serve

“There are so many anti-aging recommendations I could give, but the universal tip I share with all of the patients at my practice is to wear a physical sunscreen with at least 30 SPF 365 days a year. In addition to skin cancer, the sun is the number-one cause of early aging. Without daily sunscreen use, the time, money and energy people put into building extensive skincare routines and getting professional treatments are a waste. My new Lightweight Wrinkle Defense SPF 30 (\$42) uses a chemical-free, fragrance-free, non-nano zinc formula to gently blend into all skin tones without causing added redness or irritation—a great everyday option.”—New York dermatologist Dennis Gross, MD





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## All Eyes

“My one anti-aging tip would be to not rub your eyes—not ever. The eyes have the thinnest skin on the body and rubbing them constantly can make them sag and droop even faster than gravity, your genetics, and even a lack of sunblock! When your eyes are itchy, use ice, have self-control and do not rub. If you have allergies, take an over-the-counter antihistamine. But, do not rub and do not itch your eyes and your eyes will look younger, have less dark circles and look less saggy.” —Montclair, NJ dermatologist Jeanine Downie, MD



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## Start Early

“My biggest anti-aging tip is using daily moisturizer with a strong SPF and applying it year-round. I also recommend starting a neurotoxin in your early 30s. Now that I am 48, I don't look at my skin and wish for more wrinkles! I am glad I stopped them in their tracks over a decade ago.” —Prospect, KY dermatologist Tami Buss Cassis, MD



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## Rewind Time

“Although it's been around for over 20 years, a neurotoxin such as Botox Cosmetic, Jeuveau, Xeomin or Dysport is really the first beauty tip I offer to most of my female patients and to some of my male patients. A quick 10-minute treatment can wind the clock back five years almost overnight.” —Newport Beach, CA plastic surgeon Sanjay Grover, MD



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## Straight Shot

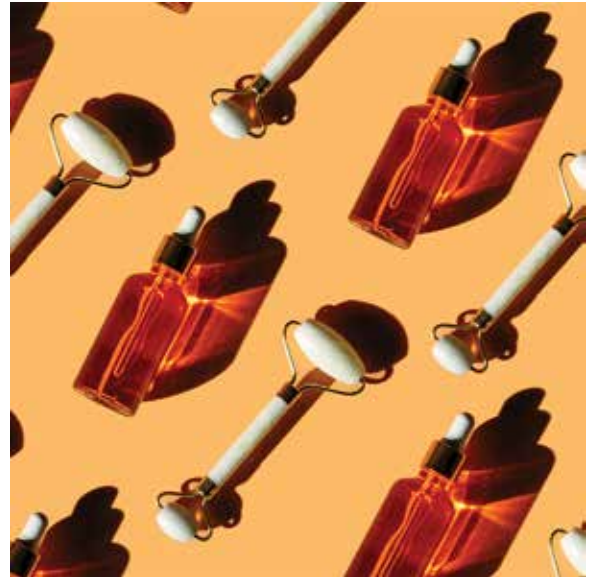
“My one anti-aging tip is that nonablative lasers like Laser Genesis can be used very frequently. Twice monthly visits to the medical spa for a laser facial like this will keep your skin looking glowy and youthful for a long, long time.” —Nashville, TN plastic surgeon Daniel A. Hatf, MD



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## Get Glowing

“Pretty starts on the inside. One of the key changes that happens in our skin as we age is the decline in collagen and hyaluronic acid production. I recommend that my patients include collagen and hyaluronic acid-rich foods and supplements in their diet so they can combat the aging process right at its source!” —Johns Creek, GA plastic surgeon Myla Bennett, MD



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## Sit Back

“Lax skin makes us all look older, so keeping your skin snug is the ultimate anti-aging tool. We have Evolve and Evoke, which can be used to non-invasively tighten the skin of the face, neck and body to keep you and your skin looking young.”  
—Fort Meyers, FL plastic surgeon Ralph R. Garramone, MD



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### **Block it Out**

“My one anti-aging tip is this: Never skip your sunscreen! Even if it's cloudy or you're not planning on going outside. Use SPF every day, without fail. Those damaging rays sneak in through every window—your skin will thank you when it doesn't look older due to sun damage.” —Atlanta plastic surgeon Carmen M. Kavali, MD



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### **Eat Right**

“If I had to give one anti-aging tip, it actually wouldn't be a treatment, it would be to focus on your lifestyle. An ounce of prevention is worth a pound of cure. Practicing a healthy diet with vegetables, fruit, nuts and lean protein is a good place to start. Also, drinking a lot of water, using sunscreen, exercising daily and avoiding excess alcohol and tobacco will contribute to a better aging process.” —Woodbury, NY oculoplastic surgeon David Schlessinger, MD



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### **Sleep Tight**

“Facial lines, creases and sagging are inevitable with aging. Over the years, I have observed that sleeping patterns and some seemingly harmless habits can influence the severity of these facial lines and skin laxity. Sleeping on your back to avoid having your face firmly up against a pillow, as well as steering clear of gum-chewing, are a couple of simple things that can slow down the aging process.” —Boca Raton, FL oculoplastic surgeon Steven Fagien, MD

