

If you use retinol, you already have one of the most powerful tools in modern skincare on your side. The confusion starts when you try to pair that potent active with spa treatments. Can you still get your monthly facial? What about a peel? A laser? Or that “takes 10 years off your face” procedure your friend swears by?

I am a Las Vegas esthetician. I work on complex, highly active skin every day: desert-dry, sun challenged, often on prescription retinoids and multiple actives. The short answer is yes, you can absolutely enjoy facials while using retinol. The real art lies in timing, choosing the right treatment, and respecting your skin barrier.

Let us walk through how to do that in a way that feels luxurious, not risky.

What Retinol Is Really Doing To Your Skin

Before we talk about facials, it helps to understand what retinol and its relatives actually do.

Retinol belongs to the retinoid family, a group of vitamin A derivatives. At different strengths and forms, they speed up cell turnover, help fade pigment, improve fine lines, and stimulate collagen. They are one of the only categories of skincare with decades of data behind them.

When clients ask about “the only 4 skin products proven to work”, I usually answer this way:

1. Daily broad spectrum sunscreen.
2. A vitamin A derivative like retinol, retinaldehyde, or prescription tretinoin.
3. A stabilised antioxidant, most often vitamin C.
4. A well formulated moisturizer that supports the barrier with lipids like ceramides.

Everything else is supportive. Lovely, but optional.

Retinol becomes tricky because it works by controlled irritation. It pushes the skin to do more, faster. In Las Vegas, where the air is dry and sun exposure is intense, that stimulation can easily tip into redness, flaking, and a fragile barrier.

That is the context you must respect when you lie down for a facial.

Can You Get a Facial While Using Retinol?

You absolutely can get a facial while using retinol. The real questions are: how strong is your retinoid, how well adjusted is your skin, and what kind of facial are you booking?

How long to stop retinol before a facial

For most in spa treatments that do not involve deep peeling or strong resurfacing, I give clients this guideline:

- Over the counter retinol or retinaldehyde: pause 48 to 72 hours before a facial.
- Prescription tretinoin or tazarotene: pause 5 to 7 days before a facial.
- Combination products with acids plus retinoids: pause 5 to 7 days.

Those numbers are not rules of nature, they are comfort zones. Very tolerant, oily skin may need less caution. Thin, sensitive, or mature skin often needs more.

If you are booking a stronger treatment, like a high percentage chemical peel, some lasers, or aggressive microdermabrasion, your provider may ask you to stop prescription retinoids for a full 2 weeks. I follow that

window for medium depth peels and for microneedling with medical depth needles.

What not to do before a facial

Clients often put themselves through boot camp before a facial: scrubbing, derma-planing at home, or doubling their retinol in the hope of quick results. That is the opposite of what your skin needs.

In the 3 to 5 days before a facial, I generally ask my retinoid users to avoid overexfoliating in any form. That includes grainy scrubs, at home peels, strong AHA or BHA toners, and waxing on the area to be treated. The desert climate already thins the protective layer. Combining all of that with retinol can set you up for stinging, patchy irritation on the table.

If you are wondering whether to take your bra off for a facial, most luxury spas, including many here in Las Vegas, will have you change into a wrap or robe. You will be fully draped. For treatments that include a décolleté massage or mask, removing your bra simply allows the esthetician to work the upper chest correctly and keeps straps clean. You can always request to keep it on, and a good therapist will adjust.

Should a 60 or 70 Year Old Use Retinol?

People often whisper this as if there is an age where you are no longer “allowed” to use actives. Not true, but the strategy absolutely changes.

A 60 year old or 70 year old can benefit enormously from a well chosen vitamin A product. The goals are usually texture refinement, pigment control, and preserving collagen, not trying to peel the skin into submission. For that age group, I often recommend retinaldehyde or a lower strength retinol, framed by a rich barrier routine. We use it fewer nights per week, and we do not pair it with aggressive home exfoliation.

When clients ask, “What is the best facial treatment for over 60?” or “What should a 70 year old woman use on her face?”, I think in layers. First, nourish and protect with ceramides, cholesterol, fatty acids, and a high quality SPF every morning. Then consider a gentle vitamin C serum and a slow, respectful retinol at night. In spa, I lean into hydrating facials with light, enzyme based exfoliation, low strength peels, or device based collagen stimulation rather than harsh resurfacing.

The most important rule for mature skin: you do not have to earn results by suffering. A little tingling can be normal. Weeks of redness and flaking are not a badge of honor.

What Kind of Facial Is Best While Using Retinol?

Choosing the right treatment is much more important than asking if you can get one at all. Not all facials are created equal, and not all are ideal on retinoid treated skin.

Classic facials vs high tech treatments

When clients say, “What is the best kind of facial treatment?” they usually want a single, simple answer. There is not one. It depends on your skin, your routine, your age, and your tolerance.

Here are the broad facial categories I work with most often in retinol users:

Hydrating or “barrier repair” facials. These are ideal if you are on a strong retinoid, just increased your dose, or live in a dry climate like Las Vegas. They use mild cleansers, soothing masks, massages to stimulate circulation, and rich finishing creams. The goal is not to strip, it is to replenish.

Enzyme based facials. These use fruit enzymes like papain or bromelain rather than harsh acids or scrubs. They gently dissolve dead cells on the surface. A good choice if you use over the counter retinol and your skin is slightly dull, but you do not want a full peel.

Hydrodermabrasion facials. Think of these as a more hydro based cousin of microdermabrasion, often marketed as “the most popular facial treatment” in many med spas. They use gentle suction and water based serums to exfoliate and infuse the skin. On a regular retinol user, I usually lower the suction and keep the acids mild.

Chemical peels. These range from very light treatments to deeper ones that require real downtime. If you are using retinol, peels can be extraordinarily effective, but they also demand more careful preparation, a longer pause beforehand, and strict sun protection afterward.

Device based collagen boosters. Radiofrequency, microcurrent, and some laser facials can be safely combined with retinoid use if scheduled and prepped correctly. These are the treatments most likely to “take 10 years off your face” when done as a series, not as a miracle one off.

If you are wondering how to know what type of facial to get, be completely honest at your intake. List everything you use, including prescription names and percentage strengths if you know them. Let your esthetician feel your skin in real time, not just rely on a questionnaire. The best facial for you is the one that matches your current skin condition, not your wishlist.

How Often Should a 60 Year Old Woman Get a Facial?

For clients in their 60s and beyond, I rarely recommend high frequency aggressive treatments. Instead, I like to see them every 4 to 8 weeks for a treatment that blends:

- Gentle exfoliation tailored to current retinoid tolerance.
- Deep hydration with masks and serums rich in humectants and lipids.
- Targeted work on pigment or redness if needed.
- Massage for circulation and lymphatic drainage.

Some ask, “Which is number 1 facial?” Thinking globally, routine, well executed facials that respect the skin barrier and include active ingredients appropriate to age and lifestyle outperform occasional extreme treatments.

The “new anti aging treatments for 2026” that are grabbing attention in professional circles include more advanced biostimulatory injectables, exosome infusions post microneedling, and more refined RF microneedling devices. Many celebrities use versions of these instead of Botox for certain areas, or to stretch out the time between neuromodulator treatments. Even then, basic facials that keep the skin resilient remain the foundation.

What Procedure Takes 10 Years Off Your Face?

Clients ask this with absolute seriousness. They are usually comparing surgical, injectable, and spa options.

A true “10 years off” result typically belongs more to plastic surgery and strategic injectables than to facials alone. A well done facelift, combined with subtle volume restoration and skin quality work, can change the apparent age of the face dramatically.

On the skin quality side, a well planned series of treatments can visually erase a decade of roughness, dullness, and pigment. In my practice, the most powerful combinations for that effect often look like this:

Microneedling or RF microneedling series, with 3 to 4 treatments spaced a month apart, combined with a disciplined home retinoid and sunscreen routine.

Medium depth chemical peels scheduled annually or biannually, again layered over smart home care.

Light based treatments like IPL for pigment and redness, alternated with enzyme or hydro facials that respect the barrier.

Marketing will sometimes tout things that “work 11 times faster than retinol”. Often this refers to retinaldehyde converting to retinoic acid more efficiently, or to lab tests on isolated cells rather than real world faces. In practice, prescription tretinoin is the most studied workhorse for collagen. It does not need inflated claims, it only needs consistency and patience.

If your goal is “how to take 10 years off your face”, or even “how to make your face look 20 years younger”, think synergy. A carefully chosen retinoid, relentless sun protection, professional treatments that stimulate collagen, and lifestyle basics like sleep and nutrition add up over years.

For beverages, clients ask, “Which drink is best for anti aging?” Plain water is foundational, but for something more specific, unsweetened green tea is a strong contender. It is rich in polyphenols with antioxidant and anti inflammatory properties. Just do not imagine that a daily matcha will cancel out chronic sleep deprivation or two packs a day. Skincare is accumulation, not magic.

The Japanese Secret To Wrinkles, And What It Really Means

People love the phrase “Japanese secret to wrinkles”. The reality is less mysterious and much more doable.

Broad brimmed hats, umbrellas, consistent use of SPF, and an ingrained cultural respect for fair, even toned skin play an enormous role in why older Japanese women often appear younger than their Western counterparts. Their skincare typically emphasizes hydration, layers of light textures, gentle cleansing, and a calm relationship with the skin, rather than aggressive scrubbing.

For my desert clients, I borrow that philosophy: cushion the retinol with layers of hydration, focus on daily softening of the skin, and consider facials that feel more like water rituals than chemical warfare. That approach pairs beautifully with retinoids.

Face Shapes, Celebrities, And The Obsession With “Perfect” Faces

Some of the most common questions clients bring into treatment rooms have nothing to do with their own skin medically, and everything to do with celebrity faces.

“What happened to Goldie Hawn’s face?”

“What has happened to Lady Gaga’s face?” “Has Taylor Swift had a rhinoplasty?”

There is also curiosity about “What is the rarest face shape?” and “What is the most attractive facial shape?”

Dermatology and aesthetics cannot ethically diagnose someone through a paparazzi photo. What I can say is that public faces are often a moving target of weight fluctuation, makeup, lighting, Photoshop, normal aging, and, at times, aesthetic procedures.

From a technical standpoint, most textbooks describe 7 facial types or face shapes: oval, round, square, rectangular, heart, diamond, and triangle or pear. Among these, diamond and triangle shapes are usually described as the rarest. The “most attractive facial shape” in many studies is the oval, simply because it balances width and length in a way many cultures find harmonious.

Celebrities are not exempt from the same pressures clients feel. Dolly Parton's breasts, for example, have been discussed publicly for decades, with people asking everything from "When did Dolly Parton have her breasts enlarged?" to "What is Dolly Parton's cup size?" and "What is a waterfall breast?" Dolly herself has openly acknowledged cosmetic surgery, including breast augmentation, but the specific timelines, sizes, and any specialized terms like "waterfall" shapes belong more to tabloid fascination than to meaningful skincare. She also often keeps her arms covered, which has sparked endless theories. Common sense says a combination of personal style, modesty, and perhaps a desire to keep certain areas private after a lifetime in the spotlight.

Questions about illness veer even closer to private territory. It is public knowledge that Kim Kardashian lives with psoriasis, and that Lady Gaga has spoken openly about chronic pain and fibromyalgia. Celine Dion has shared that she has stiff person syndrome, a rare neurological condition that affects mobility. Whether she is "able to walk" at a given moment typically depends on her symptoms and treatment at that time, and her own statements.

As for Goldie Hawn, there is no confirmed illness dramatically altering her face that the public is entitled to dissect. What many people are seeing is a normal blend of aging, possible injectables or procedures, and the simple fact that no one in their seventies looks like they did in their thirties.

In the treatment room, I gently pull clients back to themselves. Your face, at your age, in your life, is the only one we are treating today.

The 7 Sins Of Skincare, Especially For Retinol Users

The phrase "7 sins of skincare" has made its way into beauty magazines, and it resonates strongly with retinoid users. While different professionals define them slightly differently, these are the ones I see most often in Las Vegas:

Over exfoliating with multiple products.

Skipping sunscreen, especially with desert sun. Layering too many actives without guidance. Sleeping in makeup or SPF. Picking at breakouts or flakes. Inconsistent product use, then blaming the product. Ignoring the neck, chest, and hands.

Retinoid users are especially prone to the first three. The result is often accelerated aging instead of prevention. If you are using one of the strongest actives in skincare, your facials should be designed to balance, not compete with, that stimulation.

What Celebrities Use Instead Of Botox

There is a quiet trend among some celebrities and high profile clients who want to minimize or delay neuromodulators like Botox. They are not necessarily "anti Botox", but they want other tools in the kit.

In my experience, the most requested alternatives or complements include:

High frequency radiofrequency facials or RF microneedling to improve skin tightness and texture.

Biostimulatory injectables like Sculptra, which work by encouraging your own collagen over time.

Platelet rich plasma or PRP combined with microneedling to improve tone and fine lines.

Consistent prescription retinoids with disciplined sun protection to keep the skin envelope youthful even if expression lines remain.

None of these freeze a muscle the way Botox does, so they cannot exactly replace it. What they can do is keep the canvas so fresh that a lighter touch of neuromodulator, started a bit later, looks beautiful.

When clients ask, "What age should you start getting Botox?" my answer is always individualized. Some foreheads form deep, etched lines in the late twenties, others remain smooth into the forties. The right time is when movement is beginning to create lines that stay when the face is at rest, and when you are emotionally prepared to sustain treatments every 3 to 6 months for the long term.

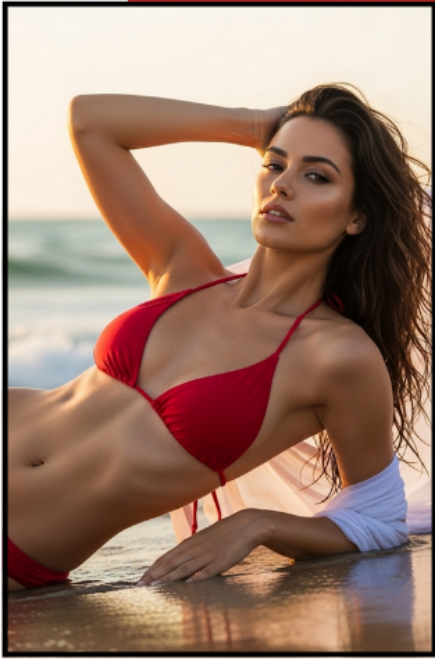
Tipping For Luxury Facials, Peels, Hair, And Massage

Money questions in a spa can feel more awkward than extractions. Still, everyone thinks about them.



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In the United States, even at the luxury level, estheticians and massage therapists typically rely on tips as a significant part of their income. For a high end, results focused facial in Las Vegas, a 18 to 25 percent tip is standard, with the higher end often chosen for more complex services.

Clients commonly ask:

Is \$10 a good tip for \$100 salon services?

That is 10 percent. It is polite, but below current norms for attentive, professional work. A 20 dollar tip on a 100 dollar treatment is more aligned with expectations in a luxury environment.

How much should you tip for a 300 dollar facial?

On a 300 dollar medical grade facial, peel, or device treatment, 20 percent is 60 dollars. If your provider delivered customized, highly skilled care, and you have the means, that is a generous and appreciated standard.

Do you tip on a peel?

If your peel is performed in a spa by an esthetician, yes, you usually tip on the full service price. If the peel is done in a medical office by a nurse or physician, tipping norms vary, and many medical clinics do not accept gratuities for medical staff. When in doubt, ask discreetly at the front desk.

For hair, people often wonder, "Is 60 dollars normal for a haircut?" or "What is an appropriate tip for a 70 dollar haircut?" In a city like Las Vegas, 60 dollars is entirely normal, often modest, for skilled stylists. A 14 to 20 dollar tip on a 70 dollar haircut keeps you in the gracious client category, especially if your stylist remembers complex preferences.

Is 40 dollars a good tip for a 90 minute massage?

On a 90 minute massage that might cost between 140 and 220 dollars in a resort spa, a 40 dollar tip is respectful and appreciated, landing between 18 and 28 percent depending on the base price.

What annoys hair stylists and estheticians the most is not a slightly low tip on a tough month, it is chronic lateness, no shows, and hiding important medical or skincare information that can compromise safety.

How To Take 10 Or 20 Years Off Your Face, Realistically

Everyone wants that dramatic before and after. The question is how close you can get without sacrificing your skin's health.

If you are serious about "how to take 10 years off your face", or even flirting with "how to take 20 years off your face", the recipe is less glamorous than celebrity gossip, but it is powerful:

First, protect. Daily SPF, wide brimmed hats, shade when the desert sun is highest.



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Second, renew with respect. A consistent retinoid chosen for your age and tolerance, paired with facials and, if you wish, peels or microneedling, spaced far enough apart that your skin can [Facial Treatments Las Vegas](#) repair. Over time, this combination rivals many flashy promises.

Third, nourish from inside and out. Hydrating skincare, a focus on protein and colorful plants in your diet, green tea instead of sugary sodas, and sleep that lets your skin rebuild overnight.

Finally, accept and curate. If a certain line or fold is part of your history, you may choose to keep it, even if an injector could erase it. Luxury skincare is not about chasing someone else's face. It is about feeling exquisitely cared for in your own.

Retinol and facials do not have to compete. When timed and chosen wisely, they become partners. In a city of neon, where every light reflects off your skin, that partnership is what keeps you glowing, not just for tonight's event, but for every mirror you meet in the next decade.