if you’re in your teens, expect body changes and frequent acne. Surgical procedures are infrequent during this decade, unless you are self-conscious about a congenital problem like protruding ears, a nasal deformity or a recessive or double chin. If you haven’t already, now’s the time to start a skincare regimen, especially if you’re dealing with acne. If you haven’t already done so, start wearing an SPF every day to protect your skin from sun damage that can — and will — show up years down the road.

Show off your best and consider improving on the rest with implants, rhinoplasty and liposuction. Laser hair removal and chemical peels are also popular procedures. Skin may show subtle signs of photodamage — brown spots begin to appear and may continue into your 30s. If you didn’t start good sun protection habits in your teens, start now!

Although physical aging is minimal in this decade, “social aging” can take a toll now, as the result of smoking, drinking or recreational sun exposure (including tanning beds). The 20s hold few changes, but you might want to consider microdermabrasion and chemical peels, especially if you are prone to acne.

Our experts offer advice for how you can achieve your beauty best at any age.

It is important to develop the habit of a good skincare regimen early in the teen years.”

— Dr. Niamtu

Understanding the potential damage and cancer concerns, this is a good time to develop good sun protection habits.”

— Dr. Niamtu
It’s all about returning to your 20s! Many consider a “mommy makeover” after having kids, which can include a tummy tuck, liposuction and breast implants. Do you have spider veins? Now is a good time to have them removed. Body contouring after weight loss is also popular. If you’re in your 30s, you may begin to consider surgical or noninvasive procedures if your face is beginning to show signs of aging, with crow’s feet at the temples, eyelid wrinkles, age spots and nasolabial fold lines, which appear from the nostril to both outer corners of the mouth. Botox is a common first step, followed by fillers Restylane, Perlane or Juvéderm. If you have sun damage, it can be treated with chemical peels and noninvasive lasers, such as intense pulsed light (IPL).

The 40s are the time that patients may need more invasive types of procedures. If there have been some preparations or interventions in the 20s and 30s, the more invasive procedures can be avoided.

— Dr. Schlessinger

Hold onto your youth! In demand are procedures to stave off aging, such as Botox, fillers, laser treatments and breast implants or lift. If you had smaller procedures in previous decades, then your skin may not need the more invasive procedures now. Watch for deeper lines on the face — the “11” between the eyebrows or parenthesis lines by the mouth. Botox and fillers work well there; for deeper wrinkles, try the more invasive fractionated laser. Brow lifts, eyelid tucks, neck lifts and facelifts are just the ticket for signs of aging that show up on the face during this decade, such as upper eyelid drooping, lower lid fat bags, early jowl formation, loss of cheek fat and wrinkles.

— Dr. Schlessinger

Typically, Botox is the first type of procedure for this age group followed by fillers such as Restylane or Perlane or Juvéderm.

— Dr. Schlessinger

Olay Definity Night Anti-Spot Treatment
Target treatment for brown spots.
“Spots on my hand and face faded in one week.”
— Kathleen Cohn, Assistant Editor

SkinCeuticals Phloretin CF
A topical antioxidant liquid treatment that prevents and corrects.
“I use this product every day and it makes an incredible difference in the appearance of my skin. (Those fine lines around my mouth are gone!) I’d say that this product is ideal for 30s, 40s and 50s age groups.”
— Eliza Drew, Executive Editor

NIA24 Intensive Recovery Complex
“Extreme cream” for multi-level moisture.
“My everyday moisturizer of choice — Makes my skin look smooth and firm.”
— Teresa McNulty, Editor-in-Chief, Cosmetic Surgery Times
Signs of significant aging may need surgical intervention now. Rejuvenate your body with breast reduction or lift, tummy tuck or liposuction. You are likely to avoid major interventions during this decade if you have had preventive maintenance procedures during your 30s and 40s. Don’t “save up” for a facelift, but instead address smaller skin changes as they crop up. Your overall health begins to play an important part in making decisions about cosmetic procedures. Health concerns, such as hypertension, diabetes, obesity, and respiratory and cardiovascular problems can affect surgery and anesthesia.

“If patients didn’t maintain in their 40s, then the 50s bring facial and body cosmetic surgery for rejuvenation.”
— Dr. Kluska

“In your 60s it’s important to understand the limitations of age and the available rejuvenation options.”
— Dr. Kluska

Look the best for your age and understand your body’s limitations, our experts advise. Rejuvenation is an option, but with limits. The results with Botox, fillers and intense pulsed light (IPL) aren’t as dramatic as in earlier decades, and if you’ve had no cosmetic surgery up until now, any procedure can look too drastic. If you have a history of smoking, excessive sun or tanning booth exposure, the effects now show. Overall health is more of a concern than in the 50s. Some typically routine office procedures could require a hospital stay if you have respiratory or cardiovascular problems. Or, you may have to settle for minimally invasive procedures that might not turn back the hands of time as far as you would like.