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ANTI-AGING

5 Top Doctors Share the Number-One Anti-Aging Tip They Always Tell Their Patients

It's the little things.

By [Olivia Wohlner](#), Editorial Assistant · Nov 25, 2020



From lifestyle tips to sage sunscreen advice, doctors say the best anti-aging recommendations don't have to be so complicated.

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 [Q Steven Fagien, 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 [Q David Schlessinger, MD](#)

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 [Q Carmen M. Kavali, MD](#)

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 [Q Ralph R. Garramone, MD](#)

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 [Q Myla Bennett, MD](#)



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