FACIAL ANATOMY & AGING

DAUGHTER AGE: 34

MOTHER AGE: 71
Genetics plays an important role in aging. How your mother ages can provide a glimpse into how your face may change over time.

As we age and lose facial volume, the contour of the face changes, causing shadow patterns to develop while youthful highlights fade. We’re going to see these changes, layer by layer, starting with the skin.

You and your aesthetic specialist can then decide on the best treatment options to address your individual concerns.
WHAT IS THE TRIANGLE OF YOUTH?

In our youth, facial features are defined and well contoured. This is commonly described as the triangle of youth.

WHY DOES THE TRIANGLE INVERT WITH AGE?

As we age, facial bone changes, soft tissues (like fat-pads) deflate and fall due to gravity, and skin sags and droops downward. Facial fat-pads shift, while the fat-pads beneath the chin can increase in prominence, causing fullness between the neck and chin, also known as a double chin, and jowling.

Volume loss below the eyes in the cheek area is one of the most common signs of aging.

Darker skin tone and variations in facial structure often delay the outward signs of aging.
Skin tends to be thicker and heavier than lighter skin and has a higher concentration of melanin, which blocks UV rays, protects against sun damage, and delays some of the signs of aging. Skin becomes less elastic, but remains relatively smooth and even in pigmentation.

**Dynamic wrinkles**—formed by everyday, repetitive facial movements, such as smiling, laughing, frowning, or squinting.

**Static wrinkles**—dynamic wrinkles that are gradually etched into the skin over time since the skin is no longer able to bounce back as it did in our youth.

**Many factors impact the way our skin ages.** Some people experience premature-onset aging of their skin, and potentially, at a fast rate of progression.

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<td>Impacts all layers of the skin</td>
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Skin and Aging

• Youthful skin is soft, supple, smooth, and well hydrated
• As we age, we lose moisture, collagen, and elastin, which can lead to sagging
• Sagging skin may lead to the formation of dynamic and static wrinkles

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**Lines and wrinkles**

- Drooping skin in the cheek area
- Nasolabial folds
- Lip lines and loss of pout/projection
- Marionette lines
- Sagging jawline and jowls
- Less defined chin

**Signs of aging skin**

Uneven hyperpigmentation, rough texture, and loss of moisture and collagen which may lead to skin laxity.
FAT-PADS AND AGING

STRUCTURALLY, SOFT TISSUES AND OVERLYING SKIN TEND TO BE THICKER, ACTING AS AN “ENVELOPE,” WHICH HELPS MAINTAIN A MORE YOUTHFUL APPEARANCE.

AGING MAY CAUSE POCKETS OF DENSE FAT-PADS TO FALL, WHICH FLATTENS THE FACE AND MAY LEAD TO DEEP WRINKLES AND FOLDS IN THE CHEEKS.

CHEEKS BEGIN TO HOLLOW WITH AGE, CAUSING BONY ANATOMY TO STAND OUT MORE, CREATING A TIRED LOOK FOR SOME INDIVIDUALS.

AS WE AGE, FAT-PADS GET THINNER AND DESCEND, WHICH MAY CAUSE:

- A less firm and sunken face compared to our youth
- Hollows to form beneath the eyes
- Lines around the nose and mouth (“nasolabial folds”)
- A sagging jawline and jowls
- Increased fullness under the chin (“double chin”)

SIGNS OF FAT-PAD AGING

LOSS OF FULLNESS AND FLATTENED CHEEKS
NASOLABIAL FOLDS
WRINKLES AND LINES AROUND THE NOSE AND MOUTH
LIP LINES AND LOSS OF POUT/PROJECTION
SAGGING JAWLINE AND JOWLS
LESS DEFINED CHIN
FULLNESS BETWEEN THE NECK AND CHIN (“DOUBLE CHIN”)
MUSCLES AND AGING

OUR FACIAL MUSCLES LIE BENEATH OUR FACIAL FAT-PADS.

AS WE AGE, loss of facial fat, combined with gravity and repetitive muscle activities (eating, laughing, smiling, frowning, etc), can lead to deep wrinkles in the face. As a result, we see more:

FACIAL MUSCLES ALSO GET WEAKER OVER TIME. The loss of muscle tone and thinning skin can give the face a loose, sagging appearance. Our jawline loses its contour, and our chin profile becomes less defined.

LOSS OF FULLNESS AND CONTOUR CAUSED BY REPETITIVE MUSCLE MOVEMENT

FOREHEAD LINES

FROWN LINES

CROW’S FEET LINES

CROW’S FEET LINES

FOREHEAD LINES

FROWN LINES

CROW’S FEET LINES

CROW’S FEET LINES

NASOLABIAL FOLDS

FINE LINES CAUSED BY REPETITIVE MUSCLE MOVEMENT

DOWNTURNED CORNERS OF THE MOUTH

SAGGING JAWLINE AND JOWLS

LESSES DEFINED CHIN

FOLDS AROUND THE NOSE AND MOUTH

FINE LINES AROUND THE LIPS

MARIONETTE LINES ON THE CHIN

NASOLABIAL FOLDS

FINE LINES CAUSED BY REPETITIVE MUSCLE MOVEMENT

DOWNTURNED CORNERS OF THE MOUTH

SAGGING JAWLINE AND JOWLS

LESSES DEFINED CHIN
BONES AND AGING

FACIAL BONES PROVIDE THE FOUNDATION FOR MUSCLES, FAT-PADS, AND SKIN.

YOUTHFUL BONE STRUCTURE:
- Full and high cheeks
- Defined brow bones
- Less sunken eye areas

AGE-RELATED FACIAL BONE LOSS may lead to:
- Larger, more sunken eye area
- Flattened cheeks
- Loss of lip projection
- Less defined chin and sagging jawline

AGE-RELATED BROW BONE REMODELING MAY CONTRIBUTE TO:
- Droopy eyelids
- Frown lines
- Crow’s feet

LARGER EYE AREA

FLATTENED CHEEKS

LOSS OF LIP PROJECTION

LESS DEFINED CHIN AND SAGGING JAWLINE

AGE-RELATED BROW BONE REMODELING MAY CONTRIBUTE TO:
- Larger eye area
- Flattened cheeks
- Loss of lip projection
- Less defined chin and sagging jawline

LARGER, MORE SUNKEN EYE AREA

FLATTENED CHEEKS

LOSS OF LIP PROJECTION

LESS DEFINED CHIN AND SAGGING JAWLINE

SIGNs OF AGE-RELATED FACIAL BONE LOSS

FLATTENED CHEEKS

LOSS OF LIP PROJECTION

LESS DEFINED CHIN

EXCESSIVE OR SAGGY NECK SKIN.
TREATMENT OPTIONS

GOALS OF FACIAL AESTHETIC TREATMENT:
Temporarily restore age-related facial volume loss and improve the appearance of lines and wrinkles caused by repetitive muscle movement and skin laxity.

Ask about a full-face assessment to decide on your CUSTOMIZED TREATMENT OPTIONS to help address your facial concerns.
Talk to your aesthetic provider about your **CUSTOMIZED TREATMENT OPTIONS** to help achieve your desired aesthetic goals.