



Daughter

AGE: 26

Mother

AGE: 64

## FACIAL STRUCTURE: UNDERSTANDING HOW THE FACE AGES

Facial aging goes deeper  
than wrinkles and folds





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As we age and lose facial volume, the contour of the face changes, causing shadow patterns to develop, while youthful highlights fade. Gaining a better understanding of how your face becomes altered over time may help you and your aesthetic specialist decide on the best treatment options to address your individual concerns.



## WHAT IS THE TRIANGLE OF YOUTH AND THE INVERTED TRIANGLE?

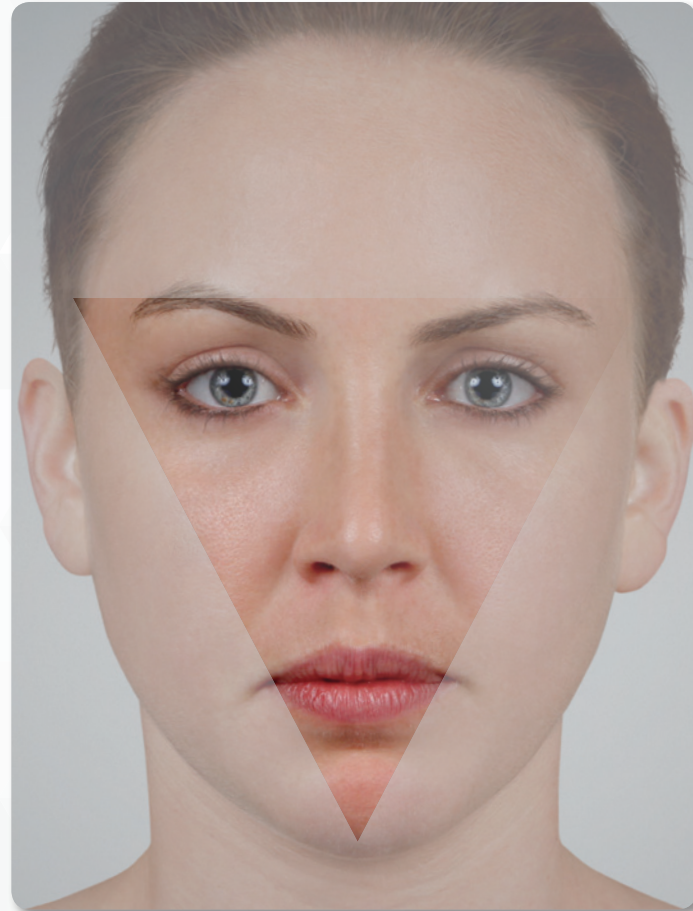
Lines and wrinkles are signs of aging, but aging also occurs beneath the skin. **Signs of aging exist at every layer** of the facial structure, including skin, fat-pads, muscles, and bone.

### TRIANGLE OF YOUTH

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

As aging occurs, the triangle becomes inverted.

### DAUGHTER, AGE 26: TRIANGLE OF YOUTH



Typical youthful features: **high cheekbones**, **full cheeks**, and a **defined jawline**.

### MOTHER, AGE 64: INVERTED TRIANGLE



Common features of aging: **drooping skin** in the cheek area, **flattened cheeks**, **sagging jawline**, fullness between the neck and chin ("**double chin**").

### INVERTED TRIANGLE

Generally as we age, **facial bone changes**, **soft tissues (like muscles) 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." The effect of the lower face getting fuller can be described as the **pyramid of age**.

Aging is also unique to each individual. **Genetics play an important role in aging**. As such, how your mother ages can provide a glimpse into how your face may change over time.

Other factors like sun exposure and diet can play a role in determining when aging begins—and how fast it progresses.



## AGING SKIN

Youthful skin is soft, supple, smooth, well hydrated, and rich with cells that renew relatively rapidly.

As we age, we experience a **loss of facial glands**, which results in less oil produced, contributing to **less moisture in the skin**. We **lose collagen and elastin**, which can lead to the formation of dynamic wrinkles, like laugh lines, frown lines, and crow's feet. Due to repeated facial movement, dynamic wrinkles eventually become static lines that are gradually etched into the skin over time. Additionally, **sagging can occur** because skin is no longer able to bounce back as it did in our youth.

Many factors impact the way our skin ages, including lifestyle choices and genetics.

- **Lifestyle choices**, like sun exposure, smoking, alcohol use, diet, and stress, can cause brown spots, rough skin, and wrinkles, as well as the premature onset and progression of aging
- **Genetics** affect all layers of the skin and contribute to thinning, dryness, and loss of elasticity of the skin during the aging process

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### AGING SKIN CAUSES:

Increased **discoloration, brown spots, rough texture, and loss of moisture and collagen.**

Lines and wrinkles

Drooping skin in the cheek area

Sagging skin along the jawline



## FAT-PADS AND AGING

Fat-pads are located below the skin's surface and help to provide volume, facial contours, and fullness.

As we age, **fat-pads get thinner and descend**. As a result, our face may not look as round and firm as it did in our youth. **Hollows can form** beneath the eyes, **drooping skin can cause deeper lines** around the nose and mouth, **loose skin can result in a sagging jawline**, and **fat can accumulate beneath the chin**, resulting in fullness between the neck and chin ("double chin"). The loss and downward movement of fat-pads can also make the face appear deflated and sunken in the cheek area.

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### FAT-PAD AGING CAUSES:

Hollows under the eyes

Loss of fullness and flattened cheeks

Wrinkles and lines around the nose and mouth

Sagging jawline

Fullness between the neck and chin ("double-chin")



## MUSCLES AND AGING

Our facial muscles lie beneath our facial fat-pads. They are in repeated motion as we eat, laugh, smile, and frown.

As we age, **loss of facial fat**, combined with **gravity** and **repetitive muscle activity**, can lead to **deep wrinkles** in the face. As a result, crow's feet form at the outer corners of our eyes, and creases form between our brows.

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 profile becomes less defined.

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MUSCLE MOVEMENT/LOSS OF MUSCLE TONE CAUSES:

Crow's feet and frown lines caused by repetitive muscle movement

Loss of fullness and contour

Sagging jawline



## BONES AND AGING

Facial bones provide the foundation for muscle, fat-pads, and skin. This bone structure is what gives us our unique facial shape and contour. A youthful bone structure has full and high cheeks—as shown in the triangle of youth—and defined brow bones and less sunken eye areas.

With age, we experience **facial bone loss**. This type of bone loss **changes the dimensions and contour of our face**, causing areas around our eyes to get larger, a decrease in the angle of our brow bone, and a less sculpted jawline.

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### AGE-RELATED FACIAL BONE LOSS CAUSES:

Lowered angle of brow bone, which contributes to **frown lines**, **crow's feet**, and **droopy eyelids**

Larger eye areas

Loss of jawline definition, less defined chin

## TREATMENT OPTIONS TO ADDRESS SIGNS OF AGING

The aging process has an impact beyond the facial wrinkles and lines that form on the skin's surface. **Aging affects multiple layers**, including the bone, muscles, fat-pads, and skin. This is important to understand, as it will help you and your aesthetic specialist decide on the treatment option that is right for you.

The goal of facial aesthetic treatment is to help temporarily **restore facial volume** and **correct age-related shadow patterns** inherent to the aging face. Talk to your aesthetic specialist today about a facial assessment and discuss **customized treatment options** for your facial structure, genetics, and aging process, and learn how you can increase your satisfaction with your appearance.

## TALK TO YOUR AESTHETIC SPECIALIST

Ask about a full-face assessment to decide on the best treatment plan to achieve the results you want.



## HOW HAS YOUR FACE CHANGED OVER TIME?

Talk to your aesthetic specialist about facial aging and the treatment options that can help you achieve your desired aesthetic goals.

