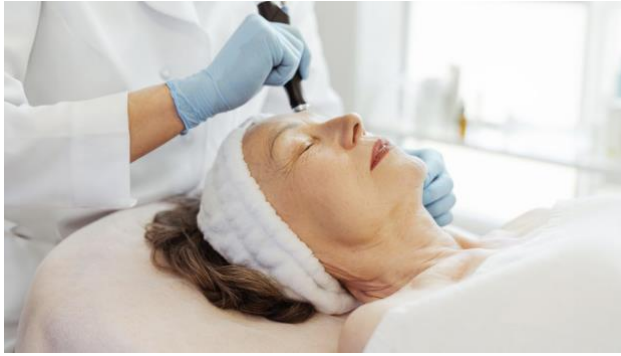


What's the Best Facial for Your Age?

Cosmetic dermatologists and licensed estheticians share the best anti-aging facials for age-related skin concerns.

By [Lacey Muinos](#)

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Everyone has different skin challenges, and often they evolve with age. Women in their 20s may experience concerns like acne, for instance, while women in their 30s and older might focus on the visible signs of aging. Factors like hormonal changes, accumulated sun exposure, and lifestyle choices can all contribute to the way skin changes over time.

Getting a facial by a licensed esthetician or dermatologist can help you target your specific

skin concerns. While there are no hard-and-fast rules, here are some general guidelines on the best [types of facials](#) for women based on their age, as recommended by pros.

Best Facial in Your 20s

Fresh into adulthood, women in their 20s mainly struggle with acne, scarring left behind by blemishes, uneven skin tone, and rosacea (a common disorder that results in acne-like bumps and redness in the central part of the face), explains [Connie Yang, MD](#), a cosmetic dermatologist at [PFRANKMD by Dr. Paul Jarrod Frank](#) in New York City. While it's possible to notice some early signs of aging even in your 20s, this decade is usually focused more on preventing sagging, says [Dr. Yang](#).

Salon Facial: HydraFacial

The HydraFacial involves a special machine that uses a multistep process to deeply cleanse, exfoliate, extract, and hydrate, which can improve the skin's overall appearance. Serums and boosters can target specific concerns, making the HydraFacial a versatile treatment. It's especially beneficial for people with acne, says [Yang](#), which is why she recommends it for women in their 20s.

One study found that people with acne who received six HydraFacial treatments experienced an overall improvement in the appearance of their skin.

"It gently clears out the pores and refreshes the skin," says [Yang](#).

Home Facial: LED Masks

LED face masks can be worn in the comfort of your own home to boost your skin-care routine. These popular devices use different LED wavelengths to provide benefits such as killing acne-causing bacteria and increasing collagen production.

"Your 20s are the perfect time to start using LED masks, which can address redness, improve uneven skin tone, and boost collagen," says [Yang](#), adding that they work best when used long-term.