

Dr. Levine's Proposed Blog Post

Header: A Guide To Firmer, More Lifted Skin: How the Right Skin Care Helps Support Skin Quality at Every Stage

By Dr. Jennifer Levine, Double Board-Certified Plastic Surgeon

I often remind patients that great outcomes start with healthy skin. While filler, lasers, and surgery all have an important place, daily skin care is one of the most effective ways to maintain skin quality and support long-term results before and after in-office treatments.

As we age, collagen declines, elasticity softens, and cellular turnover slows, leading to sagging, fine lines, and dull skin. While more people are rushing into procedures, many overlook the power of a science-backed skin care routine. The right regimen can support firmness and reduce signs of aging without the cost or downtime of invasive treatments.

Skin care is like exercise: consistency is more important than intensity. A routine anchored in a collagen-supporting moisturizer, nightly retinol, and targeted treatments addresses concerns like neck sagging, eye wrinkles, or uneven texture.

Sub Header: What Causes Forehead Wrinkles and How Can I Prevent Them?

When patients begin noticing sagging or deeper lines, I first assess overall skin health. Sagging skin and deep wrinkles are primarily caused by collagen loss, weakened cellular bonds, and dehydration. An anti-aging moisturizer with peptides and barrier-supporting ingredients can improve firmness and restore hydration over time.

[OLAY's Regenerist Micro-Sculpting Cream](#), formulated with Triple Collagen Peptide, supports collagen production, strengthens skin structure, and visibly firms and smooths the skin. It's the reason OLAY's Micro Sculpting Cream is the first suggestion I make to patients who want to take a proactive approach to anti-aging.

Sub Header: Does Retinol Help With Uneven Skin Tone?

If there is one ingredient I consistently recommend, it's retinol. It remains one of the most effective options for smoothing wrinkles, improving texture and dark spots, by accelerating cellular turnover.

For many, retinol can cause irritation due to the high potency of prescription options. For patients looking for a retinol without all the irritation, [OLAY's Regenerist Retinol24 Night Cream](#) can be an effective entry point.

The formula combines Triple Collagen Peptide with Pro-Retinol to improve cellular hydration and visibly repair wrinkles, dark spots, and texture. When used consistently, retinol addresses concerns that might lead patients to consider resurfacing treatments earlier than necessary.

Sub Header: What Skin Care Products Help Prevent Signs of Aging?

In my practice, the most-requested treatments address expression lines, volume loss, sagging skin, and uneven texture. These concerns are often treated with neuromodulators, fillers, or laser resurfacing.

However, topical treatments can help maintain skin quality before and in between procedures. The new [OLAY Regenerist Treatments](#) line - approved by dermatologists and plastic surgeons - was formulated to improve the appearance of wrinkles and volume loss without the cost or downtime associated with in-office treatments.

The treatment line:

- [Face & Neck Lifting Treatment](#): Formulated with Pro-NAD+, it helps improve neck sagging and crepey skin while supporting skin structure before or between tightening procedures.
- [Wrinkle Correcting Treatment Serum](#): Powered by Pro-Retinol, it targets frown lines and forehead wrinkles, helping smooth skin before injectables or prolong your results from them.
- [Eye Wrinkle Correcting Treatment](#): Powered by Bakuchiol, it reduces expression lines, similar to neuromodulator treatments.
- [Resurfacing Peel Night Treatment](#): Formulated with Lactic Acid, it exfoliates to improve uneven texture and dark spots, a gentle chemical peel alternative.

Ultimately, procedures should enhance healthy skin, not compensate for neglected skin. The earlier you prioritize skin quality, the more control you have over when and whether you choose to explore in-office treatments.