

You walk into a Las Vegas spa, already a little dazzled by marble floors, scented towels, and someone offering you cucumber water you did not know you needed. Then you see the menu.

HydraGlow Renewal. Oxygen Infusion. Diamond Microderm. Red Carpet Lift. Celebrity Stem Cell Ritual. Ten different facials, each promising to change your life, or at least make your face look 10 years younger before dinner.

If you feel a little lost, you are not alone. I have watched confident executives, seasoned gamblers, and women who have used retinol for 30 years all stare at a spa menu like it is written in hieroglyphics.

This is your guide to cutting through the glitter and choosing a facial that actually serves your skin, your age, your schedule, and your goals, instead of whatever has the flashiest name.

What actually matters more than the menu

Facials in Las Vegas are built to impress tourists. Some are genuinely excellent treatments. Others are ordinary facials wrapped in big words and a higher price point.

Before you even look at the ten options, decide on a few non-negotiables. Not in an abstract “skin type quiz” way, but in a realistic, I-have-a-flight-tomorrow and “I use retinol” way.

Here are five questions I quietly run through with my own clients before we touch a cleanser.

- What is my main goal: relaxation, glow for tonight, or real anti-aging results over months?
- How sensitive is my skin, honestly: does it sting easily, flush bright red, or tolerate almost anything?
- What is on my skin now: prescription retinoids, acids, recent peels, or injectables like Botox and filler?
- How much social downtime can I afford: zero redness, a bit of pink, or a few days of visible peeling?
- What is my budget today: is this an indulgent one-off or the start of a treatment plan?

If you can answer those, suddenly the menu becomes much less overwhelming, because every facial falls into just a few functional categories.

The 7 skin “types” that actually shape your choice

Spas often talk about “What are the 7 facial types,” usually in a very marketing driven way. What matters more is where your skin sits on a few axes. When I am choosing between ten options for a client, I look at combinations of these:

Normal. Balanced oil and hydration, occasional breakouts, no major sensitivities. You can play with most facials, but strong peels or aggressive extractions still need care.

Dry or dehydrated. Skin feels tight, makeup catches on flakes. You want barrier repair and deep hydration, not heavy acids. A classic European facial, hydrating masks, and gentle massage work beautifully here.

Oily or acne-prone. Shine in the T-zone, clogged pores, breakouts. Clarifying facials, controlled extractions, and light peels can be helpful, but avoid being scrubbed within an inch of your life.

Sensitive or reactive. Flushes, stings, or develops hives easily. Fragrance heavy treatments, steam, and aggressive peels are not your friend. Think soothing, cool, and minimal.

Mature. Visible lines, loss of firmness, dullness. If you are asking, "What is the best facial treatment for over 60?" you are in this camp. You likely need gentle exfoliation, collagen stimulation, and serious hydration, but your barrier may be thinner and more reactive.

Pigmentation prone. You spot easily, melasma or sunspots show up quickly. You need careful sun protection, pigment safe actives, and no aggressive, random peels right before stepping into Vegas sun.

Compromised barrier. Overexfoliated, red, burning at the mere thought of acids. If you have binged on at-home peels or chased whatever "works 11 times faster than retinol" from social media, this might be you. You need repair first, excitement later.

A good aesthetician will pick this up within minutes. In Las Vegas, though, treatments are rushed and guests are often walk-ins, so it helps if you already know where you sit.

The 10 facial types you will see in Las Vegas, decoded

Most spa menus are riffs on a core set of treatments. Here is what those glamorous names usually hide, and who each option suits.

1. Classic European or "Signature" facial

This is the dependable little black dress of facials. Cleanse, exfoliate, light steam, extractions if needed, a mask, and massage for face, neck, and often shoulders.

Who it suits: almost everyone, especially if you are a first timer or have no idea what to book. If you are wondering, "How do I know what type of facial to get?" and feel overwhelmed, this is the safe choice.

What it does best: removes surface dullness, balances oil and hydration, clears some congestion, and gives you that rested, polished look.

Watch out for: aggressive steam and overzealous extractions if your skin is sensitive or on the thinner side.

2. Hydrafacial / hydro-dermabrasion

In Vegas, Hydrafacial is everywhere. It is one answer to "What is the most popular facial treatment?" for hotel spas. A device uses suction and liquid exfoliation to cleanse, lightly peel, extract, and infuse serums in one pass. Some menus call it HydroGlow, Aqua Derm, or similar names.

Who it suits: normal, combination, or mildly oily skin that wants instant gratification. Excellent when you want to make your face look 20 years younger in photos tonight, without downtime.

What it does best: visible pore clearing, smoother texture, brighter tone in 30 to 45 minutes.

Watch out for: strong settings on sensitive or rosacea prone skin. If you are using prescription retinoids, tell your aesthetician. That answers the "Can I get a facial while using retinol?" question: yes, but they must lower intensity and avoid stacking peels.

3. Oxygen infusion facial

Often marketed as red carpet or "celebrity" facials. A wand applies pressurized oxygen with a serum, usually hyaluronic acid and peptides.

Who it suits: dehydrated, travel worn, or reactive skin that needs a gentle, pampering treatment. Great the day of a big event.

What it does best: plumps fine lines temporarily, gives a dewy glow, soothes mild irritation. Feels luxurious and cooling, especially after late nights and casino air.

Watch out for: overpromises. Oxygen facials do not permanently erase wrinkles or take 10 years off your face, but they can make you look like you finally slept.

4. Microdermabrasion or diamond facials

Often labeled “Diamond Glow,” “Crystal Peel,” or “Dermal Polish.” These use a device to physically exfoliate the outermost layer of skin.

Who it suits: thicker, more resilient skin that feels rough or congested, especially on forehead and cheeks.

What it does best: smooths texture, softens superficial lines, helps products penetrate better.

Watch out for: overuse. If your skin is thin, redness prone, or you already use acids and retinol, too much microdermabrasion is one of the 7 sins of skincare. Along with daily unprotected sun, sleeping in makeup, harsh foaming cleansers, picking at your skin, constantly changing products, and believing every “miracle” active you see in a 15 second video.

5. Chemical peel facials

On a Vegas menu this might be called “Glow Peel,” “Luminous Peel,” or “Resurfacing Ritual.” It can range from very mild lactic acid exfoliation to a medium depth peel.

Who it suits: clients prepared for at least a bit of flaking or dryness after. Good for dull tone, mild pigmentation, and fine lines.

What it does best: improves radiance, smooths fine lines gradually, helps resurface acne scars over a series of treatments.

Watch out for: booking a stronger peel the day before pool parties in desert sun. Also the tipping question often comes up here: do you tip on a peel? In a spa setting, yes, tipping etiquette is similar to a facial, usually 18 to 25 percent. In a medical office, tipping is less common; ask the desk what is appropriate.

6. LED light therapy facials

You will see red, blue, sometimes near infrared lights. These are usually combined with another facial.

Who it suits: acne prone clients (blue light can reduce acne bacteria), and mature skin (red or near infrared can support collagen, modestly).

What it does best: complements other treatments, calms inflammation, and helps healing.

Watch out for: overblown promises of “What procedure takes 10 years off your face?” LED on its own is a gentle nudge, not a facelift.

7. Microcurrent facials

Typically branded as “Non-surgical Lift,” “Red Carpet Lift,” or “Hollywood Sculpt.” Gentle electrical currents stimulate facial muscles, intended to lift and tone.

Who it suits: clients in their late 30s and beyond who want subtle firming without injections, especially around jawline and cheekbones.

What it does best: immediate sense of tightness and contour, particularly if done in a series. It aligns with what many celebrities use instead of Botox when they want movement but improved tone: microcurrent, radiofrequency tightening, ultrasound based lifting, and meticulous skincare.

Watch out for: pacemakers or certain neurological conditions, as microcurrent may be contraindicated. Always mention implants or devices in your intake form.

8. Radiofrequency or skin tightening facials

Branded names change constantly, but look for “thermal lift,” “RF tight,” or “skin tightening facial.” Radiofrequency energy heats deep tissues to stimulate collagen.

Who it suits: clients noticing laxity rather than just lines, particularly along the jaw and lower face. When you are wondering, “What is the best facial treatment for over 60?”, controlled heating plus good skincare often beats endlessly adding more filler.

What it does best: over a series, mild tightening and improved jawline definition. Not a facelift, but a respectable nudge.

Watch out for: one off treatments promising miracles. True structural change takes multiple sessions and months of collagen remodeling.

9. High tech “hybrid” facials

These are the tricked out, high priced treatments you see in luxury Vegas hotels: combinations of Hydrafacial, microcurrent, LED, oxygen, and light peels in one extended session.



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Who it suits: guests who want everything in one go and are not on a very tight budget. If you booked a \$300 to \$500 facial, this is often what you are getting.

What it does best: multiple pathways to glow, lift, and deep clean with minimal downtime, ideal before photo heavy weekends.

Watch out for: stacking too many intense procedures if you are on retinoids, have sensitive skin, or came straight from a desert hike. Tell your provider everything on your skin, especially if you use prescription strength vitamin A.

10. Specialty targeted facials

These include "acne boot camp," "brightening vitamin C," "CBD calming," or "age defying peptide" facials. They are essentially classic facials with a specific active focus.

Who it suits: when you have one main concern and limited time. Acne, pigmentation, or redness can benefit from targeted masks and serums plus consistent home care.



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What it does best: aligns products with your main goal, while still giving you the spa experience you came for.

Watch out for: over relying on one ingredient. The question, "What are the only 4 skin products proven to work?" is revealing. If you strip back hype, the most evidence based pillars are daily broad spectrum sunscreen, retinoids (vitamin A derivatives), well formulated vitamin C antioxidants, and moisturizers that support your skin barrier. Facials are the amplifier, not the whole symphony.

Facials and retinol: what you must tell your aesthetician

If you take one thing from this, let it be this: do not hide your retinol.

Clients often whisper, “Can I get a facial while using retinol?” as if they have smuggled contraband into the spa. Retinol is not a crime. It is one of the best studied anti aging ingredients we have. The issue is layering.

If you use a prescription retinoid or strong over the counter retinol, most professionals suggest stopping it 3 to 5 days before an intensive facial with peels or microdermabrasion, especially if you are mature or sensitive. For newer, gentler formulas, 2 to 3 days is often enough.

What not to do before a facial if you use retinol:

- Do not use at home peels, scrubs, or strong acids in the 72 hours before your treatment.
- Do not book a harsh peel just because the menu makes it sound glamorous.
- Do not get facial waxing the same day as a peel based treatment.
- Do not hide recent laser, microneedling, or injectable treatments from your provider.
- Do not sunbathe or use tanning beds beforehand, especially if you peel easily.

This is doubly important for clients asking, “Should a 60 year old use retinol?” and “What should a 70 year old woman use on her face?” Older skin absolutely can benefit from retinoids, but the barrier is often thinner and less forgiving. A 0.25 to 0.5 strength retinol or retinaldehyde, used 2 to 4 nights per week, combined with sunscreen and ceramide rich moisturizer, is usually a safer path than a high percentage every night.

And when you see claims like “works 11 times faster than retinol,” read it as marketing rather than medicine. Some retinoid relatives like retinaldehyde are more potent molecule for molecule, but the true anti aging magic lies in consistent, long term use of something you tolerate well.

How to “take 10 years off your face” without hating the mirror

Clients ask this in so many ways. How to take 10 years off your face. How to make your face look 20 years younger. What is the best kind of facial treatment. Rarely are they really asking about one afternoon at a spa. They are asking how to feel like themselves again.



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Here is the quiet reality, even in a city that sells fantasy by the square foot. No single facial in Las Vegas will remove a decade overnight. What can change how you look over time is a layered approach.

Facials. Regular, well chosen facials support cell turnover, keep pores clear, and maintain skin health. For a 60 year old woman, once a month to once every 6 weeks is a lovely rhythm if budget allows. If not, quarterly seasonal facials are still meaningful.

Home care. If you want to know "Which is no. 1 facial?" for long term aging, it is the one that includes education. A good aesthetician will send you home with a simple, realistic plan. Daily sunscreen. A retinoid you will actually use. Possibly vitamin C in the morning. A hydrating, non stripping cleanser. It sounds unglamorous, yet this is what keeps people looking quietly incredible at 70.

Diet and lifestyle. "Which drink is best for anti aging?" If we are honest, plain still water, plus green tea if you enjoy it. The Japanese secret to wrinkles is far less about a magic cream and more about decades of diligent sun avoidance, antioxidant rich foods, green tea, fermented foods, and gentle care for the skin barrier. You cannot out-facial a lifetime of smoking and unprotected desert sun.

Procedures. When clients ask, "What procedure takes 10 years off your face?", we are no longer within spa territory. That is where lasers, deep peels, injectables, and sometimes surgery live. But even then, what ages you fastest is often not the lack of procedures. The number one mistake that will make you age faster is chronic, unprotected sun exposure, followed very closely by smoking. The rest is detail.

Celebrities are not immune to this either. Questions like "What has happened to Lady Gaga's face" or "What happened to Goldie Hawn's face" tend to swirl around photos taken in harsh light, under heavy makeup, after procedures, or simply while a human ages in public. Some have spoken openly about injectables or surgery, others

have not, and speculating on “What disability does Gaga have” or “What illness does Goldie Hawn suffer from” or “What illness does Kim Kardashian have” is usually unkind and rarely accurate.

Use celebrities as inspiration for styles, perhaps. But if you chase the exact jawline of Taylor Swift and wonder, “Has Taylor Swift had a rhinoplasty?”, you will end up comparing your life to someone whose face is part of their global brand, staged under perfect lighting. Focus instead on what feels like your best, most rested self.

New and upcoming anti aging treatments you will hear about before 2026

Spa menus try to stay ahead of trends, especially in Vegas. “What are the newest facial treatments” and “What are the new anti aging treatments for 2026?” are questions I hear from guests who come every year.

Expect to see more:

Biostimulatory treatments. In medical spaces, injectables that stimulate collagen, like certain fillers and biostimulators, are becoming almost as common as classic Botox for people who want structure without a “frozen” look.

RF microneedling and combined devices. These sit between spa and clinic, using tiny needles plus radiofrequency heat to stimulate collagen with controlled injury. They are not casual, but when done well, they can genuinely help laxity and texture if you have the time and budget for a series.

Exosome and growth factor facials. Often marketed as “stem cell facials,” though most do not actually contain stem cells. Data is still emerging, and quality varies dramatically. Approach them with curiosity and a few questions, rather than blind faith.

Polynucleotide and peptide focused treatments. These aim at skin regeneration and better barrier function. Again, promising in theory, uneven in practice.

At the same time, the core does not change. Sunscreen, vitamin [Facial Treatments Las Vegas](#) A, well formulated antioxidants, moisturizers that respect your barrier, and a realistic routine will always outperform the latest miracle if the miracle sits unopened in your hotel bathroom.

Practical etiquette: robes, bras, and tips

Las Vegas spas are glamorous, but they are still service environments staffed by real people who remember kindness.

Clients often whisper, “Do I take my bra off for a facial?” You can, and most therapists prefer you at least unhook it, because many facials include décolleté, neck, and shoulder massage. You will always be draped with towels or sheets. If you are more comfortable keeping it on, say so. A professional aesthetician will adapt without a blink.

Tipping is a frequent source of quiet anxiety. For a \$300 facial in a Las Vegas resort, 18 to 25 percent is normal if service was good, so \$54 to \$75. For a \$100 salon service, \$10 is on the low side in US urban markets; 18 to 20 is the usual range. For a \$70 haircut, \$15 is generous, \$12 is respectful, and yes, stylists do notice when someone rounds down to the dollar after an hour of precision work. If you are wondering, “Is \$60 normal for a haircut?”, it sits in the midrange for many cities, low side for high end salons.

For a 90 minute massage, is \$40 a good tip? At typical resort prices, \$40 is often around 18 to 20 percent and would be considered kind and appropriate. The same logic applies to facials that integrate peels or higher tech

treatments. You do tip on a peel when it is part of a spa service. Extraordinary medical procedures supervised by a doctor are an exception, where tipping is often not expected.

And if you are ever unsure, ask the front desk what is customary in their property. Quiet, gracious clarity always feels more luxurious than guesswork.

Beauty, aging, and ignoring the noise

So many of the keywords people google before a trip to Las Vegas are wrapped in anxiety. What is the rarest face shape. What is the most attractive facial shape. How to take 20 years off your face. Why does Dolly keep her arms covered. When did Dolly Parton have her breasts enlarged. What is a waterfall breast. What is Dolly Parton's cup size. Is Celine Dion able to walk.

You do not need answers to any of those to enjoy your facial.

Here is what you do need: an honest conversation with yourself and your aesthetician. A sense of what your skin can tolerate. Realistic expectations. And a willingness to treat your face, at 40 or 70, as something worth caring for, not fixing.

If you are 60, wondering how often a 60 year old woman should get a facial, aim for every 4 to 6 weeks if you can, seasonally if you cannot, and build a simple routine around it. If you are 70 and wondering what you should use on your face, think in layers: a fragrance free gentle cleanser, a rich moisturizer, mineral leaning sunscreen, and a retinoid only as much as your skin comfortably allows.

If you are debating what age you should start getting Botox, remember it is a personal decision, not a requirement. Many begin light treatments in their early 30s, some far later, some never. Plenty of celebrities blend Botox with alternatives, from microcurrent to lasers to sheer good light and makeup. Jennifer Aniston has spoken about sunscreen, lasers in moderation, hydrating skincare, and a generally healthy lifestyle more than any one miracle.

In the end, the best kind of facial treatment for you in Las Vegas is the one that matches your skin, your season of life, and [Facial Treatments Las Vegas](#) your plans for the rest of the day. If you leave feeling like the most polished, rested version of yourself, curious rather than panicked about aging, and with a mental note that you were kind to your therapist and your skin, then you chose well.

The slot machines can keep their odds. On a spa menu, when you know what to look for, you can actually stack the deck in your favor.