

# Beauty in Your 30s

How to combat the changes happening to your body

Skin starts to thin, which makes fine lines more noticeable.

Almost 40 percent of women will experience some degree of hair loss by the age of 35.

Wrinkles start to make an appearance around the mouth, eyes, and forehead.

Breasts can start to sag because skin and ligaments lose their elasticity over time.

After pregnancy, many women experience loose muscles, sagging skin, and stretch marks.

In your 30s, cell turnover rate slows and collagen and elastin production drops.

## Skincare

Develop good habits as an investment in your future. Prevention is key. A healthy skincare routine with quality skincare products should be a part of your daily regimen.

- Use sunscreen every day.
- Use topical vitamin C and retinol products.
- Use mild cleansers and moisturizers.
- Use Latisse treatments to make your lashes fuller, longer, darker, and stronger.

“After breastfeeding my last child, I began to really notice unwanted changes in my body. My breasts lost a lot of fullness and were a bit droopy. I was too young to look like this! I'm so glad I had an augmentation and lift with Dr. Love! I feel like my old self – but better!”

Dr. Love patient, age 37.

## MedSpa

A trip to the MedSpa can help to prevent wrinkles from forming, while also making you feel beautiful. Typically, patients in their 30s opt for these procedures:

### Fillers

Dermal fillers can help reverse early signs of aging like smile lines.

### Fraxel Dual Resurfacing

Treats deep wrinkles, age spots, liver spots, and sun damage.

### Botox or Xeomin

Neurotoxin injections may reduce the appearance of fine lines and wrinkles.

### Did you know?

Crow's feet can be prevented with regular use of sunglasses and sunscreen. Sunglasses will prevent you from squinting, and sunscreen keeps the rays away.

## Surgical

### Breast Augmentation

After pregnancy and breastfeeding, your breasts may look drastically different than they did before. With implants or a lift, you can have breasts you love.

### Liposuction

Body contouring is fine-tuned by suctioning unwanted fat cells.

### Rhinoplasty

Beyond just improving the appearance of a portion of the nose, rhinoplasty can also help correct breathing problems.

### Mommy Makeover

Options include breast lift, breast augmentation, breast reduction, tummy tuck, liposuction, and more to feel confident post-pregnancy.

### Tummy Tuck

Restores a flatter, firmer abdominal contour by repairing weakened abdominal muscles and removing excess fat, tissue, and skin.

Every woman is different. Every body is different. Individualized care is what you need.

Tim R Love  
MD FACS

To create the most beautiful reflection of you at any age, contact us today to schedule your free consultation with Dr. Tim Love, OKC's premier plastic surgeon.