

Walk through any luxury resort in Las Vegas and you will see it on people's faces before you even notice the designer shoes or the chips: dehydration, late nights, air-conditioned casinos with no clocks, and a level of indulgence the skin rarely appreciates. It is why high-end facial treatments are almost as popular as high-limit tables.

If you already use retinol or exfoliating acids at home, you are a step ahead in the anti-aging game. You are also at higher risk of walking out of a Vegas spa red, sensitized, and regretting everything if you are not careful before your treatment.

This is the side of facials few people talk about: what not to do before you climb under the blanket, remove your bra (we will get to that), and hand your face over to a stranger for an hour.

In Las Vegas, with its desert air, strong UV index, and 24-hour temptations, those "don'ts" matter even more.

Why retinol and acids change the rules

Retinol, prescription retinoids, glycolic acid, lactic acid, mandelic acid, salicylic acid, and blended exfoliating toners all make your skin behave differently. They speed up cell turnover, refine texture, soften fine lines, and brighten pigment over time. Some advanced forms of vitamin A are marketed as "what works 11 times faster than retinol." Often that refers to retinaldehyde or certain prescription-strength formulations that convert more directly to retinoic acid in the skin. They can be extraordinarily effective, but they are also more sensitizing.

In a controlled home routine, that is a good trade. Combine them with a strong in-spa peel or an aggressive extraction facial, particularly in a place like Las Vegas where the air is bone dry, and you can tip from "glow" into "raw."

When clients ask, "Can I get a facial while using retinol?" the honest answer is yes, but only if you and your aesthetician plan around it. The face you bring into the treatment room is the one they have to work with. If it is already slightly compromised, there is no magic mask that will save it from over-treatment.

The biggest pre-facial mistakes I see in Las Vegas

I have watched guests walk into luxury spas with perfect candidate skin, and walk out an hour later inflamed because of what they did in the two to seven days beforehand. The most common culprits are always the same: stacking exfoliants, sun exposure, last-minute hair removal, and "pre-gaming" with the wrong cosmetic procedures.

The desert and the 24-hour party culture amplify those mistakes. Imagine combining a night at Omnia, several sugary cocktails, three hours of sleep in overly air-conditioned air, plus nightly retinol, and then a mid-morning peel facial. The skin is not just sensitive. It is borderline compromised at a barrier level.

Think of your retinol or acids as high heels for the skin. They look fantastic when worn appropriately. You do not run a marathon in them, and you do not schedule a long Vegas walk from Wynn to Mandalay in stilettos. A strong facial is the marathon.

What not to do before a facial when you use retinol or acids

This is the part that actually saves faces.

Here is the first of two short lists, because a pre-facial “never” list is actually useful taped to the bathroom mirror of a Vegas hotel room.



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The 5 things to avoid before a facial if you use retinol or acids

- Do not use any retinol or prescription retinoids for 48 to 72 hours before most facials.
- Do not use glycolic, lactic, salicylic, or mixed acid exfoliants for at least 48 hours before.
- Do not get waxed, threaded, or use depilatory cream on the face within 48 hours before.
- Do not have intense sun exposure, a tanning bed, or unprotected pool lounging in the 3 to 5 days before.
- Do not stack procedures, such as strong at-home peels, microneedling, or lasers, within at least a week before a treatment that includes a peel or intense extractions.

Those timeframes can be stretched even further if you are on a strong prescription retinoid like tretinoin, tazarotene, or adapalene. In those cases, I prefer clients pause for 4 to 7 days pre-facial if I know I will be using any acids, enzymes, or vacuum-assisted extractions.

Retinol pause: how long is long enough?

The question “Should a 60 year old use retinol?” comes up constantly in spa consultations. The answer is almost always yes, in some form, as long as the barrier is healthy and there is sunscreen discipline. The same applies at 30, 45, or 70. Retinol is not a number. It is a tool.

But for facials, especially in Las Vegas where skin arrives thirsty and slightly inflamed even when it looks “fine,” I like to see a retinol pause before and after:

First, for most traditional European facials, hydrating facials, and mild oxygen facials with no peel, a 2 to 3 day pause beforehand, and 2 days after, is generally safe.

Second, for treatments that include a peel, microdermabrasion, or more intensive exfoliation, a 4 to 7 day pause beforehand, and around 5 to 7 days after, dramatically lowers the risk of irritation, flaking, or post-inflammatory pigment.

If you are on a dermatologist-managed retinoid for acne or melasma, do not guess. Call or message the prescriber or ask the spa to coordinate. A good luxury spa in Las Vegas is used to managing guests on tretinoin and will adjust the plan.

The temptation, especially if you only visit Vegas once a year, is to cram every advanced procedure into a three-day window. That is how people end up searching for “What procedure takes 10 years off your face?” while applying ice packs to a red forehead.

Acids and peels: avoid “double dipping”

If retinol is the designer heel, acids are the floor wax. Used correctly, the surface gleams. Layered too thick, someone falls.

Glycolic, lactic, salicylic, and Mandelic acids, plus blends and “gentle daily peels,” are everywhere. You might be using more than you think: toners, serums, cleansers, masks, even eye products can be acidic. In Vegas I often see guests using a lactic acid serum at night, a vitamin C in the morning, and then booking a medium-depth peel on day two of their trip.

That is what not to do before a facial, especially here:

Avoid any at-home peel pads or peeling masks for at least 48 hours pre-facial. If you plan to book a peel-based treatment in Vegas, stop acids 3 to 4 days before and let your skin rest. The desert environment is exfoliating you as it is.

If you ask, “Do you tip on a peel?” yes, the peel is part of your facial, and you tip on the full service price. The more important question is whether you actually need that peel on this particular trip. Many guests would look far better with a hydrating, soothing treatment than with additional exfoliation.

Sun, pools, and the Las Vegas UV trap

Las Vegas sun is not coastal sun. It is high desert sun: dry, sharp, and unforgiving. Add the mirror-like reflection from hotel pools and light-colored marble decks, and UV exposure climbs quickly.

Clients often spend a day at a pool club, get slightly pink, then “treat” themselves to a facial that evening to recover. That is the exact opposite of what the skin wants, especially if retinol [Brazilian Waxing Las Vegas](#) and acids are already in the mix.

Here is what to remember in Vegas:

If your skin is even a little pink from sun or wind, switch to a soothing, non-exfoliating facial or postpone entirely. Do not allow any additional peel, microdermabrasion, dermaplaning, or aggressive extractions. Ask for oxygen, LED light, and barrier repair instead.

If you know you burn easily, skip acids for 3 to 4 days before a trip that involves daytime pool clubs or desert excursions such as Red Rock.

If you are using retinol at night, you must use a broad-spectrum SPF 30 to 50 every morning, especially in Las Vegas. This is one of the “7 sins of skincare” that genuinely age people faster: retinoids without diligent sun protection. Of all the questions about “What is the #1 mistake that will make you age faster?” that one is, in my professional view, on the very short list.

Which drink is best for anti aging poolside? In the real world, the answer is unromantic: water, and lots of it. Alcohol thins blood vessels and dehydrates you. In moderation it is compatible with healthy skin, but alternating every cocktail with a large glass of still water is the move that keeps your face from looking 10 years older the next morning.

Hair removal, injectables, and other timing traps

Waxing, threading, sugaring, dermaplaning, and depilatory creams all compromise the barrier in their own way. Using retinol or acids primes the skin to overreact.

As a rule of thumb, do not wax or use depilatory cream on the face for 48 to 72 hours before a facial that includes active ingredients. If you are on a strong retinoid, most reputable waxers in Las Vegas will refuse to wax your face at all due to risk of skin lifting.

Injectables like Botox and fillers carry their own timing rules. The trend question, “What do celebrities use instead of Botox?” is interesting, but in real practice most public figures use a mix of small-dose neuromodulators, good skincare, retinoids, sunscreen, light energy treatments, and facials. If you are adding a facial to a Botox visit, ideally schedule the facial first. If you do Botox or filler first, wait at least a week before booking a facial focused on massage, pressure, or lymphatic work so you are not shifting recently placed product.

Microneedling, RF microneedling, and fractional lasers also need breathing room. Many of the newest facial treatments discussed for 2025 and 2026, such as exosome-enhanced microneedling or more targeted RF devices, intentionally disrupt the barrier to stimulate collagen. Do not tack a traditional spa facial on top of these within a week unless your practitioner tells you explicitly that a specific post-procedure facial is designed for that purpose.

Choosing the right facial in Las Vegas when you use actives

“What is the best kind of facial treatment?” does not have a single answer. The better question is “How do I know what type of facial to get for *my* skin, *this* week?”

Most luxury Vegas spas offer versions of the following:

Hydrating or “European” facials that focus on cleansing, gentle exfoliation, massage, and masks. These are usually safest if you are already using retinol or acids.

High-tech facials that may include microcurrent, oxygen infusion, ultrasound, or LED light. Many of these can be paired comfortably with retinol use as long as exfoliation is gentle.

Medical-grade peels or resurfacing facials that include stronger acids, microdermabrasion, dermaplaning, or a combination. These need the most careful timing with your home retinoids.

Celebrities asking “What’s the best facial for aging?” often gravitate to treatments like customized hydrating facials with light peels, followed by consistent at-home care. No single facial takes “20 years off your face.” A thoughtful combination of regular treatments and a disciplined routine, plus healthy habits, will absolutely take 10 years off your face in the way you present to the world.

From experience, the best facial treatment for over 60 in Las Vegas is rarely the most aggressive one on the menu. Instead, look for intensive hydration, light enzymatic or lactic exfoliation, gentle lymphatic drainage, and LED for collagen support. The desert environment means the priority is barrier support, not stripping.

Age-specific guidance: 60, 70, and beyond

When clients in their 60s ask whether they should keep using retinol, the underlying question is often whether their skin is “too old” or “too thin” for actives. Age alone is not the problem. Over-exfoliation in a dry climate is.

For a 60- or 70-year-old woman visiting Las Vegas, here is what I typically recommend before a luxury facial:

If your routine includes a prescription retinoid, pause for 5 to 7 days before any facial that might involve peels or intense exfoliation. Maintain hydration and a ceramide-rich moisturizer in that window.

If you use an over-the-counter retinol, pause for 3 to 5 days, again focusing on replenishing the barrier.

If your question is “What should a 70 year old woman use on her face?” forget the trends and look at the essentials that research consistently supports. Which leads to the next point.

The only products that consistently earn their place

With so many Vegas-style promises of treatments that “erase a decade overnight,” it helps to be very clear about the few categories of skincare that have the strongest evidence.

Here is the second and final list, because this one is worth screenshotting before your trip.

The 4 skin product types most consistently proven to work

- Daily broad-spectrum sunscreen, SPF 30 to 50, used generously.
- A form of vitamin A (retinol or prescription retinoid) introduced and used thoughtfully.
- A well-formulated vitamin C or antioxidant serum for morning use.
- A simple, fragrance-free moisturizer that supports the barrier, often with ceramides, cholesterol, and fatty acids.

People often ask, “Which is no. 1 facial?” as if there is a single king. The truth is that the most popular facial treatment changes year to year, but the constant is that the people whose skin looks “expensive” over decades are the ones who protect it daily and support these four categories with regular but sensible in-office care.

When you see online fascination about “What does Jennifer Aniston use for anti-aging?” or speculation like “Has Taylor Swift had a rhinoplasty?” or “What has happened to Lady Gaga’s face?” what you are really seeing is a culture trying to decode the compounding effect of many small choices. Products. Procedures. Sleep. Sun. Stress. No single serum or facial holds the secret.

Tipping, bras, and other etiquette questions you were too shy to ask

Luxury can be intimidating, especially in a city where a 90-minute massage can cost as much as a flight. Etiquette questions are normal, and I hear the same ones constantly.

“How much should you tip for a \$300 facial?” In the United States, including Las Vegas, 18 to 22 percent is standard for spa services. For a \$300 facial, that means \$54 to \$66. If the service was genuinely exceptional and

highly customized, many regulars move closer to 25 percent. If you received a free upgrade or last-minute accommodation, tipping on the *value* of the service, not what you actually paid after discounts, is gracious.

"Is \$10 a good tip for \$100 salon?" In most mid- to high-end Vegas salons, \$10 on \$100 will be perceived as low. Around \$18 to \$20 is more typical for haircuts, blowouts, and basic color services.

"What is an appropriate tip for a \$70 haircut?" Around \$12 to \$15 is a respectful range in most cases.

"Is \$40 a good tip for a 90 minute massage?" That is roughly 20 percent on a \$200 massage, or higher if your service was less. On a standard mid-range Las Vegas massage, which might be priced around \$180 to \$220 before tax and fees, \$40 is generally seen as generous and appropriate.

"Do I take my bra off for a facial?" Most people do. High-end spas provide robes and wrap towels to protect your modesty, and some facials include a neck, chest, and shoulder massage. If you prefer to keep your bra on, choose one without rigid underwire that can be pulled slightly down for the décolletage work, or tell your aesthetician you would like to keep it fully in place. They will adjust without drama. Comfort is part of luxury.

"What annoys hair stylists?" Outside the spa world, this comes up often, and much of it applies to skincare professionals as well: arriving egregiously late, moving your head constantly, or downplaying what you have done at home. If you used a strong at-home peel, say so. If you had Botox yesterday, say so. Your provider is not judging you. They are trying to avoid hurting you.

How often should you get a facial, especially over 60?

For most people, every 4 to 6 weeks is a nice rhythm, but the real answer depends on your baseline routine and your budget. Sustainability matters more than intensity.

For a 60-year-old woman who uses retinol, a high-quality facial every 6 to 8 weeks, layered on top of a disciplined home routine, can deliver more in the long run than three aggressive treatments in a single Vegas weekend.

If you are using your Las Vegas trip as your primary opportunity for professional care, tell your aesthetician exactly how often you realistically visit a spa. They may steer you away from something that requires a series and toward a treatment that gives immediate refinement paired with education on how to maintain results at home.

Youthful skin without chasing fads

Questions like "How to take 10 years off your face" or "How to make your face look 20 years younger" feed a whole ecosystem of overpromises. A more grounded way to think about it is: how do you make your skin behave like it did 10 years ago?

That is where the Japanese-style emphasis on gentle, consistent care, facial massage, sun avoidance, and hydration quietly outperforms a lot of Western crash tactics. People talk about the "Japanese secret to wrinkles" as if it is a single product. The real secret is accumulation: sunscreen, hats, modesty about midday sun, and a cultural preference for prevention over quick fixes.

In Las Vegas, you are temporarily in the opposite environment: bright lights, long nights, heavy air conditioning, and limitless alcohol. You do not have to behave like a monk. But if you want to step off the jet looking rested, the smart play is to combine a few boundaries with the luxuries you genuinely enjoy.

Stop retinol and acids for a few days before your facial. Protect your face fiercely from the sun. Hydrate more than you drink. Choose a treatment that respects the fact your skin already does a lot of work at home.

The irony is that this restraint, not one more “miracle” peel, is what will have friends asking what you did in Vegas to come back looking so polished. The answer is simple: you treated your face the way you treat the rest of your luxury investments, with planning, respect, and a long view.

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