

Beauty Experts Vanessa Lee and Dr. Elise Min on When to Consider a Facelift and What to Try First



Beauty experts Vanessa Lee and Dr. Elise Min explain when to consider a facelift and how to get a lifted look before you commit.

Face first! [Vanessa Lee](#), founder of The Things We Do, and [Dr. Elise Min](#), a board-certified plastic surgeon, are sharing everything you need to know about getting a lifted look at every stage.

As facelifts continue to trend thanks to celebs like [Kris Jenner](#) opening up about their own procedures, the beauty pros reveal when it may be time to go under the knife, and what you can do before taking that step.

"We're seeing celebrities come out with glow-ups where they look slightly tighter, very refreshed, and youthful," Lee shares. "Some of them have had surgeries, but some of them have not. I know this because some of them are my patients. ... There is so much thoughtful work we can do that allows us to put off facelifts."

According to the certified face reader, stacking biostimulators like PRFM and Sculptra, peels, lasers, thread lifts, and tasteful placement of Botox and hyaluronic acid filler can help strengthen the skin over time, creating what Lee calls a "mini lift" that can last up to two years.

"The result is noticeable, but natural. It keeps people guessing," she explains.

That said, if you're noticing increased skin laxity, early jowling along the jawline, deeper wrinkles, or banding around the neck, Min says it may be time to consider a more permanent solution.

"There's been a noticeable shift toward natural, longer-lasting facial rejuvenation," the doctor notes. "Modern facelift techniques, including deep-plane approaches, now offer softer, more refined results with shorter recovery times compared to the past."



"Facelifts performed in one's 30s or 40s take advantage of excellent skin elasticity, allowing surgeons to achieve natural results with smaller adjustments," Min spills.

Before making any decisions, both experts emphasize the importance of maintaining your complexion with tools and topicals like Lee's [High Frequency Wand](#), [Microneedling Stamp](#) loved by [Kourtney Kardashian](#), [Coconut Eye Gels](#) regularly used by [Kate Hudson](#), and the [Acid Buff](#) for an at-home peel.

"These simple steps offer an easy system to anyone who wants supple, mochi-like, bouncy, clear skin," the cosmetic RN tells ET.

"Everyone ages differently based on genetics, lifestyle, and skincare habits. It's less about a specific age and more about the changes you're seeing in the mirror and how they make you feel," Min adds.