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[Preventing Deep Lines in Your 30s and 40s](#)

You're a great candidate for a filler like Juvederm or Restylane. These hyaluronic acid treatments last 12 to 18 months. The fillers push up and support the folds that create deep lines.

[Preventing Deep Lines in Your 40s and 50s](#)

Botox prevents or slows the development of deeper lines. Its active ingredient, botulinum toxin, relaxes small muscles around the mouth that help create frowns, says Levine. Fewer frowns equal fewer frown lines.

[Dealing With Lines in Your 60s and Beyond](#)

You may see results from a face or neck lift to tighten loose skin. Laser techniques that treat fine lines and tighten skin are also a great option.

[What You Can Do at Home](#)