

# Must-Know Facts About Lower Face Aging

## 1. Why the Lower Face Shows Aging Before Other Areas

The lower face ages quickly because it's under the influence of gravity and volume shifts happening higher up. As you lose structural support in the midface, the tissue that once sat high on your cheeks gradually moves downward. This descent creates fullness along your jawline while flattening the upper cheeks.



## 2. The Effect of Fat Redistribution on Your Jawline

As you age, your facial fat shifts in both location and volume. In youth, fat pads sit higher in your cheeks. That position gives your face a lifted, heart-shaped appearance. With time, those fat pads move downward, pulling your face with them. This shifting creates the softening or heaviness many people notice in their 30s and 40s.



## 3. Muscle Movement Doesn't Always Prevent Aging

You've heard it before. A healthy and active lifestyle can help you look younger, so work out all the muscles you can. Well, this doesn't apply to every area of your body. The lower face works harder than almost any other part of your face. Each time you speak or chew, you engage the muscles around your mouth and jaw. Even activities like clenching or grinding your teeth affect your jawline structure over time.



## 4. What Now?

Now that you understand why the lower face ages first, you can select treatments that effectively address each layer of the face. Aging in this area involves changes to the bones, fat, skin, and muscles. As a result, solutions that target only one layer can only do so much. The most effective options support multiple structures while still maintaining your natural appearance.



## 5. Solutions That Address Lower-Face Aging at the Source

Natural-looking dermal fillers can improve proportion and support by restoring volume in strategic areas, such as the chin or jawline. Adding structure through facial fillers can help lift adjacent tissues, softening the appearance of jowling and folds. Neuromodulators can help reduce the downward pull from overactive muscles, resulting in a more relaxed expression. When used carefully in the lower face, both of these treatments maintain natural movement while providing a refreshing lift.



## 6. Age Confidently

Don't let the aging of your face weigh your mind down. Let it give you confidence and make you feel vibrant. Select a treatment that addresses the deeper causes, not just the surface effects, for natural-looking improvements that last. Your lower face doesn't have to define how you age. Your knowledge and choices can.

