

4 Must Knows About Redefining Your Wobbly Jowls

Rediscovering Your Jawline: Understanding Jowls and the Non-Surgical Solutions

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Do you feel like you look sad or droopy-faced when you look in the mirror because of a sagging jawline? If you do, you are not alone.

It's hard to find anyone who loves their jowls or welcomes these floppy, wobbly additions when they appear.

I get more questions about jowls and how to treat and minimise them than more other topics.

Let's dive deeper into what jowls are, the science behind their development, and the array of non-surgical treatments available for revitalising your jawline.



What Are Jowls and Why Do They Form?

Jowls refer to the sagging or drooping skin that develops along the jawline. As we age, several factors contribute to their formation. Reduced collagen and elastin production, decreased skin elasticity, gravity's relentless pull, and the natural loss of fat and muscle support all contribute to the laxity and sagging in this area.

What's the Difference Between Jowls and a Double Chin?

Both are parts of a similar issue, but it varies based on where the loose skin and extra fat gather. If it's around the sides of your face or under your jaw, it's commonly referred to as 'jowls.' When it's more towards the centre and becomes noticeable or worsens when you lower your chin, that's typically called a 'double chin.'

Decoding Jowls - The Anatomy and the Aging Process

Loose skin along the jawline is part of the natural aging process. Several factors contribute to their formation:

- **Collagen and Elastin Depletion:** Over time, the body produces less collagen and elastin, proteins crucial for skin firmness and elasticity.
- **Loss of Facial Fat and Muscle Support:** Gradual reduction in fat volume and muscle tone in the face leads to decreased structural support, resulting in sagging skin.
- **Gravity's Influence:** The relentless pull of gravity exacerbates the downward displacement of facial tissues, contributing to the formation of jowls.

If I Lose Weight Will My Jowls Shrink?

Weight loss affects both your body and face, potentially reducing facial fat, which could lead to less sagging and smaller jowls. However, this isn't guaranteed for everyone, bodies react differently to weight loss. Sometimes weight loss in the mid-face might occur first, making you appear gaunt and still with noticeable jowls.

Additionally, even with overall weight loss, your skin might lack enough elasticity to tighten under the chin, resulting in sagging skin rather than jowls. Yet, for those with generally elastic skin, especially among younger individuals with less sagging of fat pads, weight loss might effectively prevent significant jowl formation or reduce their size.

Erasing Jowls

Non-Surgical Options for Restoring Your Jawline

For those seeking to rejuvenate their jawline without opting for surgery, several non-invasive treatments are available. These methods aim to tighten and lift the skin, providing a more contoured and youthful appearance.



1

Dermal Fillers: Restoring Volume and Definition

Dermal fillers offer a non-invasive solution for restoring volume and contour to the jawline. They typically contain hyaluronic acid, a substance naturally found in the body, which helps plump the skin. The procedure involves injections into specific areas along the jawline, offering immediate results. Possible side effects include temporary redness, swelling, or bruising at the injection site. Results can last from six months to two years, depending on the type of filler used.

2

Anti-Wrinkle - Muscle Relaxation for Lift

Anti-wrinkle injections, often using botulinum toxin, work by relaxing the muscles that contribute to jowl formation. By targeting specific muscles around the jawline, these injections can create a lifting effect. Side effects may include temporary bruising or mild discomfort. Results typically last around three to six months.

3

Ultherapy: Stimulating Collagen Production

Ultherapy employs focused ultrasound energy to stimulate collagen production and lift the skin. It works by penetrating deep into the skin layers, encouraging natural skin tightening over time. Possible side effects may include redness, swelling, or slight tenderness. Results gradually improve over two to three months and can last up to a year or more.



6 Laser Genesis: Skin Rejuvenation through Laser Technology

Laser Genesis is a non-invasive laser treatment that heats the deeper layers of the skin, stimulating collagen production and improving overall skin texture. It effectively targets mild sagging and can improve the appearance of jowls. Minimal side effects such as temporary redness or mild swelling may occur. Optimal results usually require multiple sessions spaced several weeks apart, with results lasting up to several months.



4 Lifting Threads (Thread Lift): Instant Lift with Dissolvable Threads

Lifting threads involves the insertion of dissolvable threads under the skin to lift and tighten the jawline. Minimal side effects such as bruising, swelling, or mild discomfort can occur. Results are immediate, and they can last from one to three years.

5 Tixel Treatment: Thermal Rejuvenation for Collagen Boost

Tixel treatment uses a thermal method to rejuvenate the skin and stimulate collagen production. Side effects may include redness, mild discomfort, or temporary changes in skin pigmentation. Results become noticeable after a few weeks and can last up to a year or longer.



7 SkinPen (Microneedling): Collagen Induction Therapy

SkinPen, a form of microneedling, involves creating tiny micro-injuries in the skin to stimulate collagen and elastin production. It aids in skin tightening and can improve the appearance of jowls. Minor side effects like redness or mild discomfort are common, and multiple sessions may be needed for optimal results. The effects typically last several months to a year.

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