

BYRDIE

How to Get Younger Looking Hands

We're going to give it to you straight—your hands are giving away your age. All of that time and effort you put into your skincare regimen, and your hands get left behind. It's understandable though; hands are easy to overlook. However, they do lose skin elasticity and fat *fast*. When that happens, just know there are options. We talked to cosmetic dermatologist and director of 5th Avenue Dermatology Surgery and Laser Center in New York City, [Dr. Paul Jarrod Frank](#), and he gave us the lowdown on all of the options.

radiesse

Radiesse is a dermal filler that's used to plump up hands that are looking a little too bony. "The filler is made from a water-based gel that is injected into the desired area to add volume to visibly aged hands," Dr. Frank says. It's a non-invasive, non-surgical procedure that can be done in an hour, and Dr. Frank says you'll see results right away.

belotero

Your other filler option is Belotero. "Belotero is a dermal filler made of hyaluronic acid that rehydrates skin while integrating with tissue to provide evenness and natural looking results," Dr. Frank says. It's perfect smoothing out hands that are taking on a veiny appearance. Dr. Frank says the results last anywhere from six to 12 months, or even longer.

fraxel dual laser

Fraxel Dual Laser is a resurfacing treatment that not only improves skin's texture, but also stimulates collagen production. "The procedure can help remove age spots, wrinkles, and sun spots on hands without the discomfort." There won't be any open wounds involved, but Dr. Frank says your hands will need one to three days to fully heal.

At-Home Treatments

The easiest way to get younger looking hands is to treat them to all the same anti-aging products your face gets. Retinols exfoliate your skin to reduce fine lines, even out skin tone, and lighten sunspots, all the while building collagen below the surface. Opt for a prescription-strength retinoid on your hands (they can take it). Moisturize often, of course. And don't forget sun protection. "Use sunscreen 365 days a year, and apply it both after you shower and 30 minutes before sun exposure."