

Plastic surgeons reveal how Nicole Kidman maintains her radiant visage at 57 with variety of 'face tweakments'

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EXCLUSIVE Plastic surgeons reveal how Nicole Kidman maintains her radiant visage at 57 with variety of 'face tweakments'

- The Aussie actress stunned when she hit the carpet, leading to a social media stir
- Plastic surgeons weighed in on what Nicole has had done, from facelifts to fillers
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By [Margaret Abrams For Dailymail.Com](#)

Published: 13:16 BST, 7 September 2024 | Updated: 13:22 BST, 7 September 2024

[Nicole Kidman](#) stunned fans when she stepped out in a plunging black Ferragamo halter gown at the Hollywood premiere of *The Perfect Couple* at The Egyptian Theatre on Wednesday.

The A-list star, 57, appears to be aging in reverse, and many fans on social media thought it was due to 'face tweakments' she might have received before the premiere of the [divisive Netflix show](#).

To find out how the Aussie actress, who's married to [Keith Urban](#), maintains her stunning looks, FEMAIL reached out to top plastic surgeons across the country.

'Nicole looks stunning and absolutely at a new peak of her beauty,' Beverly Hills-based plastic surgeon [Dr. Deepak Dugar](#) told DailyMail.com.

'While it's impossible to know what she may or may have not had done, I can say patients desiring this type of classic timeless aging can do a few things to help,' Dr. Dugar revealed.



Nicole Kidman stunned fans with her youthful looks when she hit the red carpet to promote her new Netflix show, which has divided reviewers and audiences

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'Having a good Dysport regimen for the neck region especially is helpful to keep the platysmal neck banding in check as we age,' Dr. Dugar said, referencing the injection treatment that treats wrinkles, much like Botox. While Botox is the brand name, the neurotoxin is injected to relax the muscles and reduce wrinkles and fine lines.

Dr. Dugar also said having a good morning and nightly skincare routine is incredibly important, especially 'incorporating salicylic acids, ceramides, cholesterol, retinols and fatty acids.'



'Skin tightening lasers are magical and to be thought of as ab workouts - the more you do - the more toned you get,' Dr. Dugar continued.

'Clean, healthy diet and staying away from rapid weight gain or rapid weight loss' is another way the Moulin Rouge actress has kept herself looking radiant.

Dr. Dugan also explained that maintaining the same weight also helps keep the skin tight over time.

New York City facial plastic surgeon Dr. Sam Rizk told DailyMail.com the Big Little Lies star's 'youthful appearance is likely the result of a combination of ultrasound skin lifting treatments, such as Sofwave, and surgical procedures like a vertical deep plane facelift with hidden incisions, as well as upper and lower blepharoplasty,' which is a procedure that improves the appearance of the eyelids.

Dr. Rizk explained that many patients in their 40s and onwards seek similar treatments for a tighter jawline.

'To look less exhausted, they often focus on eye rejuvenation,' Dr. Rizk added. The procedures appear to be working, as Dr. Rizk said that many patients come in and bring reference photos of Australian actress.



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Beverly Hills-based facial plastic surgeon Dr. Patrick Davis of [Davis Facials](#) praised Nicole's appearance at the premiere and said, 'Her cheekbones are elevated and her neck is quite stunning for her age.'

'She does not appear to be "overly done" with dermal injectables which oftentimes leads to an expanded or enlarged face known as "filler face,"' Dr. Davis continued.

'This often happens as layers and layers of hyaluronic acid fillers are placed in the face leading to an increased attraction of water leading to swelling in the cheeks and nasolabial folds.'

'My hunch is that a well done facial surgical treatment has been performed at some point in the past five years to correct her neck bands, lift her jowls, and elevate her cheeks as she does appear to have quite the youthful look for her chronological age,' Dr. Davis

divulged.

Beverly Hills plastic surgeon Dr. Gabriel Chiu, who's married to Christine Chiu from Netflix's hit show *Bling Empire*, agrees that 'she appears to have had a facelift and necklift, with very nice results.'

Dr. Chiu suspects it was 'a deep plane face/neck lift, with lateral brow or temporal lift and maybe fat transfer or filler to the area of her cheekbones for enhancement.'

Nicole Kidman is radiant at 'The Perfect Couple' premiere



Cosmetic dermatologist Dr. Mariano Busso, in Beverly Hills, California, and Miami, Florida, praised Nicole on having 'very little photoaging despite her fair complexion'



'Her flawless forehead and the position of her eyebrows seem to be the consequence of Botox treatments,' Dr. Busso said, calling it 'very good work' to 'maintain her youthful features' (Nicole seen in 1994)

Cosmetic dermatologist Dr. Mariano Busso, based in Beverly Hills, California, and Miami, Florida, praised Nicole on having 'very little photoaging despite her fair complexion, which makes sun damage 'common and almost expected.'

Dr. Busso also said, 'Although there are no observable signs of facial surgery like scars or ear deformity, most likely she had a facelift.

'Her highly defined jawline without jowls and lack of neck skin laxity are telltale signs of this procedure.'

Dr. Busso believes her youthful complexion is due to fillers, as her face appears to be a little rounder, which is a sign.

'Her flawless forehead and the position of her eyebrows seem to be the consequence of Botox treatments,' Dr. Busso added, calling it 'very good work' to 'maintain her youthful features.'