

Inside the Rise of the 40-Something Facelift

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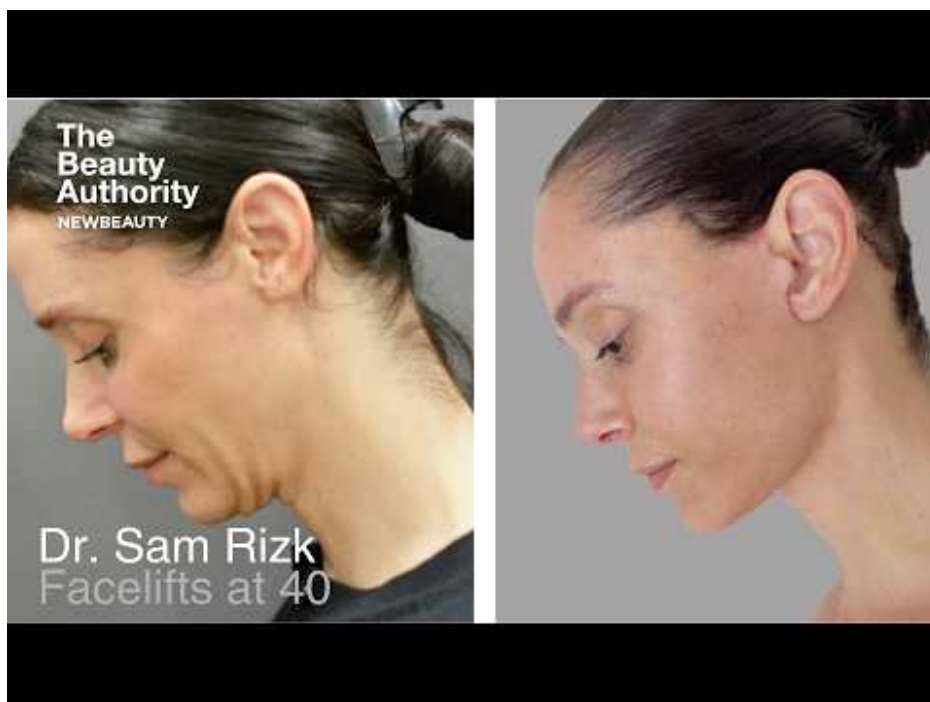
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An honest conversation about younger facelifts and modern results.



Facelifts are no longer reserved for patients in their 60s and 70s. On the latest episode of *The Beauty Authority*, we sit down with influencer Lindsi Lane Watts, 41, and New York facial plastic surgeon Sam Rizk, MD to explore why more women are choosing facial rejuvenation earlier and what they should know before making the decision. From postpartum skin laxity to weight loss and changing facial structure, the conversation sheds light on the factors driving this shift and the importance of individualized treatment.



The influencer gives us an honest look at her experience undergoing a deep plane lower facelift and necklift along with a nose revision, including the physical and emotional realities of recovery that are rarely discussed online.

Dr. Rizk explains how he determines whether someone is truly a surgical candidate, why a deep plane facelift is not the right choice for every patient and how modern techniques are designed to create natural looking results rather than the overly pulled appearance many people still associate with facelifts. The episode also explores the impact of pregnancy, filler, GLP-1 weight loss and aging on facial laxity and why the jawline and neck remain key areas of rejuvenation.