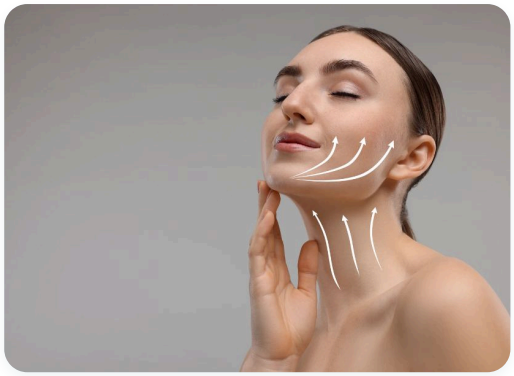
FACE

Face and Neck Lift, or Something Less?

Ultherapy, HIFU, thread lifts and surgery – what each can change, what it cannot, and how to tell which one your face is asking for



Ageing is not only in the skin. Beneath it, fat descends and deflates, the support layer loosens and bone recedes. Each treatment acts on one or two of these layers – which is why choosing the right one starts with knowing which layer has changed.

THE LAYERS



Skin, fat, the support layer (SMAS) and bone. Energy treats skin and the layer just beneath; threads lift fat; surgery repositions the support layer.

WHAT CHANGES, LAYER BY LAYER

- ✓ **Skin.** Thinner, drier, less elastic; fine lines and texture.
- ✓ **Fat.** Compartments deflate and slide down, hollowing the cheek and filling the jowl.
- ✓ **Support layer.** The SMAS and the neck's platysma muscle loosen; the jawline and neck lose their line.
- ✓ **Bone.** Recedes slowly, removing the scaffold the soft tissue sat on.

THE OPTIONS, BRIEFLY

ENERGY

Ultherapy / HIFU

Focused ultrasound tightens the skin and the layer beneath by stimulating collagen.

MECHANICAL

Thread lift

Dissolvable threads reposition soft tissue and stimulate collagen along their path.

VOLUME

Fillers and fat

Replace deflated volume; they do not lift loose tissue.

SURGICAL

Face and neck lift

Repositions the support layer and removes excess skin. The only option that treats the neck fully.

Not sure which layer has changed? Send a profile photograph in flat light.

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What each option can and cannot do

Every treatment on this page works. The question is what it works on. Matching the problem to the tool is the whole of good advice here.

SIDE BY SIDE

	ACTS ON	BEST FOR	CANNOT DO	LASTS
Ultherapy / HIFU	Skin and the layer beneath	Early laxity; brow, jawline, under-chin	Lift a heavy jowl or a loose neck	Around 12–18 months
Thread lift	Soft tissue of the mid-face and jawline	Mild to moderate sagging in good skin	Treat the neck well or remove skin	Around 12–24 months
Fillers / fat transfer	Volume	Hollow cheeks, temples, deep folds	Tighten anything	Months to a few years
Face and neck lift	Support layer and skin	Established jowls, loose neck, deep folds	Change skin texture on its own	Around 8–12 years

Durations are typical ranges, not promises; they depend on skin quality, age and lifestyle.

The honest rule about non-surgical options

They are excellent at doing a little, early. They are poor at doing a lot, late. A thread lift on a heavy neck or HIFU on established jowls disappoints – not because the treatment failed, but because it was asked to do the wrong job.

THREE QUESTIONS THAT COME UP EVERY TIME

Can non-surgical treatments delay a face lift?

Yes, for the right face. Early laxity treated early can postpone surgery by years.

Do threads leave anything behind?

They dissolve over months; the collagen they stimulate is what remains.

Is a face lift obvious?

A well-performed one is not. The pulled look comes from tightening skin instead of repositioning the support layer.

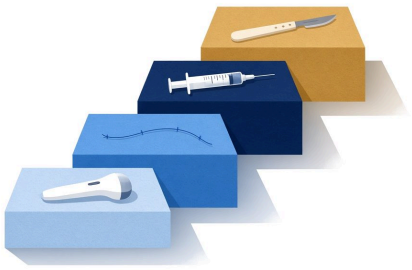
Ask the medical team what each option would realistically change on your face.

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Finding your rung

Laxity is the deciding factor. How much the tissue has moved – and how much the skin has stretched – tells you which option is a good fit and which is a compromise.

THE LADDER



From early texture change to a loose neck: each rung has an option that fits and an option that is being asked to do too much.

THREE FACES, THREE ANSWERS

EARLY

Late thirties to forties

Skin still firm; a softening jawline; the beginnings of a fold.

→ **Ultherapy or HIFU, sometimes with a little volume**

MODERATE

Forties to fifties

Mild jowls, mid-face descent, skin still with good snap.

→ **Thread lift with volume, or an early surgical lift**

ESTABLISHED

Fifties onward

Clear jowls, loose neck, deep folds, skin that no longer retracts.

→ **Face and neck lift; non-surgical options support, not replace**

TWO TESTS YOU CAN DO IN A MIRROR

- ✓ **The lift test.** Gently lift the skin in front of the ear with two fingers. If the jawline and neck improve markedly, the problem is in the support layer – surgery's territory.
- ✓ **The snap test.** Pinch the cheek skin and release. Skin that returns at once is good surface for energy or threads; skin that returns slowly needs removing, not tightening.

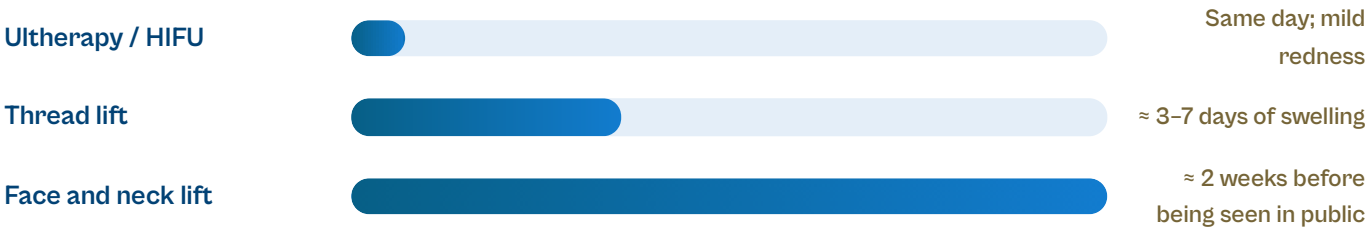
Tell us what the two tests showed; it narrows the options before the consultation.

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Downtime, longevity and deciding

The non-surgical options cost less and heal faster, and are repeated. Surgery costs more and heals slower, and is done once. Over a decade the arithmetic is closer than it first appears.

DOWNTIME, ROUGHLY



SURGERY: WHAT RECOVERY INVOLVES

- One hospital night; dressings for a few days
- Swelling and bruising mostly settled by two weeks
- Scars hidden in the hairline and around the ear; mature over a year
- A result judged at three to six months

NON-SURGICAL: WHAT TO EXPECT

- Energy treatments: results build over two to three months
- Threads: immediate lift that softens, then collagen takes over
- Maintenance sessions every one to two years
- Costs that recur; totals worth comparing over ten years

The best plans often combine

A lift repositions; energy treatments refine skin afterwards; a little volume restores what deflated. Choosing one option does not rule out the others – it decides which one does the heavy lifting.

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

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This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.