

Dr. Adam Kolker, a double board-certified plastic surgeon in New York, also recommends products with hyaluronic acid to flood the neck with hydration, therefore plumping the skin and reducing the appearance of fine lines. He adds that peptides can increase collagen synthesis, which will ultimately strengthen the skin and improve the appearance of wrinkles. Finally, “antioxidants like vitamin C, vitamin E, and green tea protect against photoaging and free radical damage,” Kolker says.