

Dr. Yelena Belova · Aesthetician & Cosmetologis

Neck Care: The Zone Everyone Forgets

📍 Dubai

Hi! I'm *Yelena Belova*, a medical doctor and dermatologist specializing in aesthetic medicine based in Dubai.

The neck is one of the very first areas to reveal our age, yet it is often the most neglected in our skincare routines. Today, I'm sharing my professional guide on how to care for your neck – both at home and in the clinic.





01 / Home Care

Daily Rituals for Your Neck

The skin on your neck is thinner than on your face, has almost no sebaceous glands, and ages much faster. Because of this, consistency is key.



SPF Every Morning — The Dubai sun is relentless year-round. Apply sunscreen to your neck and décolletage just as you do to your face.



Neck or Face Cream — Use light upward strokes, working against gravity. Never pull or stretch the skin downward.



Retinol or Peptides — Apply in the evening to stimulate collagen and improve texture (skip if skin is sensitive).



Hydrate from Within — Dubai's air conditioning dehydrates the neck fast. Aim for 1.5–2 litres of water daily.



Mind Your Posture — "Tech neck" creates horizontal creases in your 30s. Keep screens at eye level.



Hydration and lipid barrier restoration



SPF suitable even for thin and sensitive neck skin



An anti-aging, revitalizing serum infused with vitamins and amino acids



Night Retinol Cream

Use with caution on sensitive skin. Introduce gradually: apply 1-2 times a week. Once the skin adapts and shows no signs of irritation, increase usage to every other night.



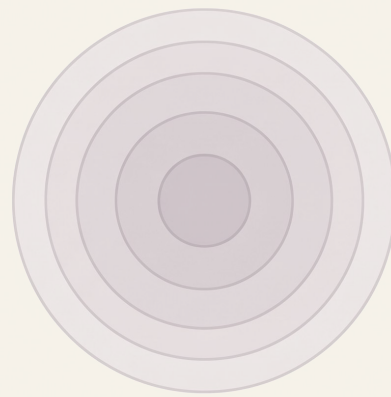
skin boosters



botox



collagen stimulators



HA Filler

02 / Injectable Treatments

What Works in the Clinic

Some structural changes cannot be fixed with skincare alone. This is where professional clinical treatments come in.

- **Biorevitalization & Mesotherapy** — Micro-injections of hyaluronic acid, peptides, amino acids, and vitamins. Deeply hydrates and kickstarts collagen synthesis. Course of 3–4 sessions.
- **Botulinum Therapy** — Targets vertical platysma bands. Typically combined with upper-face botox, 2–3 times a year.
- **Collagen Stimulators (35+)** — PLLA or calcium hydroxylapatite formulations that thicken the skin and rebuild its structure over time.
- **HA Fillers** — For deep horizontal neck lines. A soft filler injected using a superficial blanching technique.

"Your neck is an extension of your face. Care for your face but neglect your neck — and the contrast becomes unmistakable by 35."

03 / *Good To Know*

When to Start and How Often

The ideal age to begin clinical neck treatments is 28–32. Starting early means lighter maintenance rather than intensive correction. In Dubai's climate, early hydration treatments are especially valuable.

Every 6 months

Maintenance Biorevitalization

Keeps hydration and collagen synthesis consistently supported year-round.

2–3 × year

Neck Botox

Best combined with upper-face treatments for natural, harmonious results.

Once a year

Full Consultation & Treatment Planning

A full assessment to adapt your programme to your skin's current needs.

◆ *Special Offer*

Royal Neck Rejuvenation

A comprehensive program designed to restore and preserve the youthfulness of your neck and décolletage.

What's included:

◆ Botox Neck	2,200 AED
◆ Skin Booster	1,680 AED
◆ Neck Lines Filler	1,575 AED

Package Price: 4,200 AED (Save 1,255 AED)

Collagen Stimulators for the neck:

◆ Radiesse	2,500 AED
◆ Juvelook	2,500 AED

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04 / *Real Results*



04 / *Real Results*

