If you have ever floated out of a spa treatment in Las Vegas, hair tousled, skin glowing, and mind pleasantly foggy, you know the feeling. Then the bill appears, the gratuity line stares back at you, and the spell breaks. Is $40 enough? Too little? Too much for a 90-minute facial or massage on the Strip?

Las Vegas has its own culture around luxury, and that absolutely extends to spa etiquette. I have spent years in and around hotel spas, medi-spas, and quiet boutique studios in this city. The same questions return over and over: how much to tip, which facial is actually worth it, can you use retinol before a peel, do you take your bra off for a facial, and whether anything on the menu genuinely takes 10 years off your face.

Let us start with the money, then work our way into the glow.

The Short Answer: Is $40 a Good Tip for a 90-Minute Treatment?

In most Las Vegas spas, a 90-minute facial or massage will fall somewhere between $180 and $320 before tax, depending on whether you are on the Strip, in a resort-within-a-resort spa, or at a chic off-Strip studio.

Standard spa tipping etiquette in the United States sits around 18 to 22 percent of the service price. In Vegas, where resort fees and service fees already inflate the bill, that range still holds, but you need to read the fine print.

So, is $40 a good tip?

If your 90-minute treatment costs about $180 to $220, then yes, $40 is not only acceptable, it is generous. You are tipping roughly 18 to 22 percent, which is exactly what most therapists consider gracious and respectful.

If the service is closer to $260 to $320, a $40 tip slides to the low end, around 12 to 15 percent. Still polite, but not luxurious, especially if the treatment was exceptional.

The real benchmark is percentage, not the flat amount. For context:

- A 20 percent tip on a $200 service is $40.
- A 20 percent tip on a $300 service is $60.

In other words, for a 90-minute session, $40 is lovely if your treatment was in the mid-$200s or below. If you booked a $300 signature facial at a marquee Strip resort, $40 is on the modest side. Not rude, but not particularly indulgent either.

When You Are Paying $300: How Much Should You Tip for a Deluxe Facial?

High-end Las Vegas spas do not blush at $300 facials anymore. Often, that price covers a “celebrity” or “no. 1 facial” style treatment: think advanced peels, LED light therapy, custom serums, lymphatic drainage, and sometimes light radiofrequency or microcurrent.

For that level of service, most guests who move comfortably in luxury settings do two things:

1. They tip 20 percent by default, which lands at $60 on a $300 ticket.
2. They adjust up to 25 percent if the therapist is particularly skillful, attentive, or has managed complex skin needs.

If you had a $300 facial that was merely fine, 18 percent is perfectly acceptable. That is $54, which still signals appreciation. Anything below 15 percent for a luxury service in Vegas usually reads more like grim budgeting than a considered choice.

The one major caveat: check whether the spa has already added a “service charge” or “gratuity.” Some Las Vegas resorts quietly tack on 18 to 20 percent. That money does not always go fully to your therapist; sometimes it is

pooled. If you see a service charge line, ask at the desk, without embarrassment, “Does this include gratuity for my provider, or is it a house fee?” That one question can spare awkwardness and help you tip with intention.

If the 18 to 20 percent service charge truly does go to your provider, adding another $20 in cash is a gracious touch when the service was outstanding.

A Quick Tipping Guide for Las Vegas Spa & Salon Services

Use this as a soft framework, not a rigid rulebook. Luxury always allows for nuance.

- 90-minute massage or facial under $250: 20 percent tip is ideal, 18 percent is acceptable, more if the therapist worked miracles.
- 90-minute treatment around $300: 20 to 22 percent feels appropriate, especially at flagship Strip properties.
- Hair services: an appropriate tip for a $70 haircut sits around $14 to $18; $10 on $100 at a salon is on the low side unless the experience was truly disappointing.
- Add-ons like a peel or LED: yes, you do tip on a peel when it is part of the service total. No separate calculation needed.
- Packages and promotions: base your tip on the pre-discount value, not the final coupon price, especially when your provider’s time and effort are unchanged.

In short, if you are wondering whether $40 is enough, think in percent first. For many 90-minute services in Vegas, Facial Treatments Las Vegas it is right on point.

How Tipping Fits Into the Larger Luxury Experience

If you are booking a 90-minute treatment, you are not paying for lotion and music. You are paying for expertise, physical labor, emotional energy, and the infrastructure around you.

The best therapists in Las Vegas are part artisan, part clinician, part quiet counselor. They track fine details: your pressure tolerance, your pain points, your sensitivities, your skincare routine, even what you shared last time about your sleep or stress.

When you tip at the higher end of the range, you are paying not just for “today’s” service, but for relationship. Therapists remember who respects their work. Over time you are more likely to get their best time slots, tiny extras, and meticulous tailoring of your treatments.

At a real luxury level, that continuity is what makes your face and body change over months and years instead of just glowing for one evening.

Choosing the Right Facial in Las Vegas: What Actually Works

The spa menus in Vegas read like dessert lists written by poets: oxygen glow, diamond radiance, Japanese lifting ritual, Hollywood red-carpet facial. Underneath the branding, there are a handful of core types of facial treatments you will see again and again.

Common categories include classic European facials with cleansing, exfoliation, extractions, and massage; hydrating facials that focus on barrier support and moisture rather than deep cleaning; resurfacing facials, often with alpha or beta hydroxy acids or gentle peels; technology-driven facials with microcurrent, LED, radiofrequency, or ultrasound; and medical-grade facials like HydraFacial or customized treatments overseen by a medical director.

If you are wondering "What is the most popular facial treatment?" in city spas right now, it is hard to beat HydraFacial. It is quick, gadget-heavy, gives almost everyone a visible glow, and photographs well. For sheer results per session, though, a skillfully done, medically supervised resurfacing treatment often outperforms the trendy options. Think of it as tailoring versus off-the-rack.

The best kind of facial treatment for you depends on three things: your skin type and concerns, your timeline, and your tolerance for downtime.

If you have an event tonight, skip aggressive peels and extractions and opt for something hydrating, de-puffing, and massage heavy. If you want to truly change texture, pigmentation, or fine lines over the long term, you will be looking more at a series of treatments with acids, retinoids, or light devices.

Can You Get a Facial While Using Retinol?

Retinol and its cousins have changed the landscape of aging. They can refine texture, fade pigment, and soften fine lines. At the same time, they make skin more reactive. This is where spa mistakes happen.

The general rule: pause retinol three to five days before a facial that includes stronger exfoliation, a peel, or aggressive extractions. If you are on prescription retinoids like tretinoin, your esthetician needs to know. Skipping that detail on the intake form is dangerous; it is one of the quiet "7 sins of skincare" that cause trouble later.

If the facial is very gentle, nourishing, and focused on massage, you may not need to pause, but tell your provider anyway. A good esthetician would far rather adjust upfront than try to calm down an over-treated face later.

The popular marketing phrase about something that "works 11 times faster than retinol" usually refers to potent retinoid derivatives, not some magic new ingredient that bypasses physiology. The most studied anti-aging topicals remain sunscreen, retinoids, vitamin C, and well-formulated moisturizers or barrier repair creams. Those are what many dermatologists mean when they talk about the only four skin product categories truly proven to work over decades, not just weeks.

If you are 60 or 70 and wondering, "Should a 60 year old use retinol?" or "What should a 70 year old woman use on her face?", the answer is usually yes, with nuance. Lower strengths, slower introduction, more hydration, and obsessive sunscreen. Many of my most radiant older clients are consistent with three things: sun protection, a gentle retinoid, and regular facials that support circulation and barrier health rather than trying to strip everything off.

What Not to Do Before a Facial

If you want your 90-minute facial in Las Vegas to feel like a transformation rather than a regret, how you arrive matters. A brief pre-spa discipline can prevent sensitivity, breakouts, or patchy peeling later.

Here is a simple "avoid before treatment" checklist Facial Treatments Las Vegas that applies to most people:

- Do not use strong acids (like high-strength glycolic or at-home peels) for 3 to 5 days before your appointment.
- Do not wax your face, shave aggressively, or use a depilatory cream right before a facial.
- Do not start a new retinoid the same week as a peel or intense resurfacing session.
- Do not over-exfoliate physically with harsh scrubs or brushes; let your esthetician handle your exfoliation that day.

- Do not arrive dehydrated, hungover, or after intense sun exposure; alcohol, sun, and treatments are a rough combination.

In Las Vegas in particular, the dry desert air, hotel air conditioning, and alcohol are already bullying your skin. Think of your pre-facial choices as damage control.

The Bra Question, Robes, and Real-World Spa Etiquette

One of the questions people hesitate to ask is charmingly simple: “Do I take my bra off for a facial?”

In many luxury facials, especially 90-minute ones, your esthetician will treat your neck, décolletage, and sometimes shoulders. If you keep your bra on, those areas are harder to reach and your straps can get damp with product.

If you are comfortable, remove your bra under the robe, lie under the sheet, and stay covered. A well-trained professional will preserve your modesty throughout, only uncovering the area being worked on. If you prefer to keep it on, say so. They may simply adjust the treatment to focus above the collarbone.

For massage, fully undressing under the sheet is standard, but again, it is your choice. You should never feel coerced into a level of undress that feels wrong for you.

The very small things matter to therapists: arriving on time so they can give you the full treatment, putting your phone fully away, not whispering through the entire session about celebrity gossip, and not arriving with a strong cloud of perfume when they need to assess your skin or breathing.

When you respect their craft and their time, the energy in the room shifts. You feel better, and so do they.

Anti-Aging Promises vs What Truly Helps

Facials and massages are a luxurious slice of the broader anti-aging conversation. The question “What procedure takes 10 years off your face?” is one I hear constantly. The real answer is that no single procedure does it all. Not even Botox.

Injectables like Botox and fillers can soften dynamic wrinkles, restore some lost volume, and lift certain areas. Many ask “What age should you start getting Botox?” A reasonable range is late 20s to early 30s for preventive micro-dosing, if expression lines are already etching in at rest. Earlier than that is often more about trend than need.

But here is what people often miss: the treatments that make you look 10 or 20 years younger on a stranger’s timeline are rarely the ones that make you look like the best version of yourself over 20 years.

The Japanese approach to wrinkles offers a gentler model. Instead of chasing one big quick fix, it leans into daily prevention: consistent sun avoidance, meticulous cleansing rituals, light layers of hydration, green tea, stable weight, and minimal smoking or heavy drinking. It is quietly disciplined, not dramatic.

If you want to know “Which drink is best for anti aging?”, the least glamorous answer is still water, followed closely by unsweetened green tea. Polyphenols help; sugar accelerates aging. The number one mistake that will make you age faster is unprotected, repetitive sun exposure, followed closely by smoking. No facial on earth can fully reverse the combination of those two.

Celebrities know this, which is why you see them lean into a blend of devices, injectables, skincare, and facials rather than a single solution. There is a fascination with what celebrities use instead of Botox. Many mix microcurrent, radiofrequency, ultrasound skin tightening, meticulous skincare with retinoids and antioxidants, and

regular, targeted facials. Jennifer Aniston, for instance, has spoken publicly about sunscreen, occasional peels, non-invasive devices, and a consistent routine rather than just chasing one magic bullet.

The Celebrity Face Obsession, Handled Gently

Because so much spa talk now veers into celebrity territory, it is worth addressing a few of the keywords that swirl around reception desks.

People speculate about “what’s going on with Goldie Hawn’s face” or “what happened to Lady Gaga's face” or “has Taylor Swift had a rhinoplasty.” The truth is, beyond what individuals share openly, most of that is gossip and guesswork. Goldie Hawn has spoken about anxiety and low moods over the years, and it has also been reported that she lives with depression, but the nuanced details of “what illness does Goldie Hawn suffer from” are ultimately hers to narrate, not ours. Similarly, questions about “what disability does Gaga have” often point to Lady Gaga’s discussion of chronic pain and fibromyalgia, as well as past trauma. Kim Kardashian has publicly shared her struggles with psoriasis, which shapes how she treats her skin.

Celine Dion has revealed that she lives with stiff person syndrome, a rare autoimmune neurological condition that affects movement. That has prompted painful questions like “Is Celine Dion able to walk?” She has described how the illness challenges her ability to stand, sing, and perform, but the specifics evolve with treatment and time.

It is natural to be curious; these are public figures. But from a spa professional’s perspective, the better use of that curiosity is to learn, not to judge. Every face you see, whether it belongs to Dolly Parton or a stranger in the next spa lounger, carries stories you will never fully know.

If you adore Dolly and wonder “Why does Dolly keep her arms covered?” or “When did Dolly Parton have her breasts enlarged?”, the honest answer is that she has crafted a carefully controlled, highly glamorized image for decades. Her arms, her breasts, her wardrobe choices are part of that performance. The concept of a “waterfall breast” belongs more in surgical consults and online forums than in respectful spa conversations.

From the treatment table’s point of view, your therapist cares less about who has had what done, and more about how to protect your barrier, support your circulation, and keep your skin resilient over the long haul.

Frequency, Age, and What Actually Makes You Look Younger

When clients ask “How to take 10 years off your face” or “How to make your face look 20 years younger,” what they generally want is this: smoother texture, more even tone, a rested expression, and a firmer jawline.

Facials help, but mostly as part of a larger pattern. For a woman in her 60s, a realistic frequency for spa facials is once every 4 to 6 weeks if budget allows, or at least once a quarter if not. That is often enough to gently improve circulation, clear buildup, and bolster the barrier without over-treating. The best facial treatment for over 60 often blends gentle resurfacing, targeted actives like peptides or low-dose retinoids, and massage for lymphatic drainage rather than aggressive peeling.

For a 70-year-old woman, the focus often shifts even more toward comfort and nourishment: ceramides, lipids, calming ingredients, LED therapy for redness and collagen support, and very measured use of acids. You can absolutely look luminous at 70. The goal at that point is radiance, not glass-skin perfection.

If you want a concrete, evidence-based starting point between spa visits, anchor around four things: a gentle cleanser, a daily broad-spectrum sunscreen of SPF 30 or higher, a vitamin C serum used in the morning, and a retinoid or retinaldehyde product used gradually at night, supported by moisturizer. Build cautiously around those. That combination, over years, changes faces more reliably than any novelty mask ever will.

Matching the Facial to Your Face Type

People love the idea of “the 7 facial types” and “the most attractive facial shape” or “the rarest face shape.” Most experts describe variations like oval, round, square, heart, diamond, triangle, and oblong. The rarest face shape often cited is the diamond, with a narrow forehead and chin and wider cheekbones.

In a spa context, face shape matters less than bone structure, fat distribution, and skin behavior. For example, someone with a strong square jaw might benefit aesthetically from facial massage that softens the masseter muscles if they clench or grind their teeth. Someone with a narrow, heart-shaped face might prioritize volume support and hydration around the midface.

If you are not sure how to know what type of facial to get, describe your top two concerns in plain language. “I am dry, sensitive, and red,” or “My skin is rough with clogged pores along my jaw,” or “I feel saggy and tired.” A skilled esthetician will translate that into an appropriate treatment more effectively than if you chase whatever Instagram calls the “no. 1 facial” right now.

Hair, Salons, and What Annoys Stylists

Since many Vegas trips fold hair and nails into the same indulgence day as facials and massage, tipping etiquette at the salon fits right into the same conversation.

Stylists rarely say it out loud, but certain things bother them: chronic lateness, arguing about the bill after the service is done, moving your head constantly while they cut, or showing 20 conflicting photos and then blaming them that you do not look like a composite of all of them. Is $60 normal for a haircut in a major city now? Absolutely, especially in hotel salons and high-end studios. Treat $60 as mid-range, not extravagant.

When you tip an appropriate amount, around 18 to 22 percent, you become a joy to see on the schedule rather than a dread. Over time that buys you honesty: the stylist who will quietly tell you if your plan to go platinum in one day is a terrible idea, or if your hair simply cannot survive another aggressive bleach.

New Anti-Aging Treatments on the Horizon

Looking ahead to the next few years, the new anti-aging treatments for 2026 that matter will not necessarily be the flashiest. Expect more refinement in non-ablative lasers, gentler radiofrequency devices that tighten with less downtime, and complex peptide formulations that support collagen in smarter ways. Some clinics already combine fractional lasers with growth factor serums or exosomes to coax better healing.

What do celebrities use instead of Botox when they want something subtler? Increasingly, it is a blend of micro-needling with radiofrequency, ultrasound lifting treatments, and sophisticated skincare. None of these feel like a miracle in a week, but across a year or two, they can shift the baseline of your skin in a way that looks like “good genes” rather than “good surgeon.”

Your facials and massages fold into this landscape as support: they help manage stress, improve circulation, and keep your barrier calm enough to tolerate the active treatments that actually change your collagen story.

Bringing It Back to That $40

Picture this. You have just finished a 90-minute aromatherapeutic massage or a meticulously layered facial in a quiet suite above the Strip. Your shoulders have dropped an inch. The air outside the spa doors smells like casinos and perfume. Inside, it is eucalyptus and warm stone.

You look at the bill. For a $200 treatment, a $40 tip feels exactly right. You are treating your therapist as the professional they are. For a highly customized $300 facial that involved advanced devices, thoughtful product choices, and skilled hands, think closer to $60 if you truly want to embody the luxury you chose when you booked.

In Vegas, generosity sits well. Not showy, not performative, just quietly, solidly fair. A $40 tip can absolutely be part of that, as long as it respects the math of what you received.

Tip with intention. Choose facials and massages that align with your long-term skin and body goals, not just their names. Treat your therapists as allies in how you age, not as anonymous hands you see once and forget.

The glow lasts longer when you do.