

# AOL

## EXCLUSIVE: 'Medical-Grade Skincare' BUT No Plastic Surgery — How Jennifer Garner, 53, Has Maintained an 'Exceptional' Ageless Appearance

Beth Shilliday January 14, 2026



A top plastic surgeon believes Jennifer Garner's face hasn't had any 'aggressive' plastic surgery.MEGA

Jennifer Garner looked ageless at the 2026 Golden Globes, after a 13-year absence, making it nearly impossible to believe the actress is 53 years old. Many fans wondered whether she had undergone cosmetic surgery to look so youthful.

A top Beverly Hills plastic surgeon exclusively tells RadarOnline.com Garner appears to have not gone under the knife and that her impossibly perfect visage is the result of "medical-grade skincare" and "years of thoughtful maintenance rather than quick fixes."

## 'Subtle, Conservative' Facial Work



Jennifer Garner seen at an event in September 2003 on the left, while the star is seen at the 2026 Golden Globes on the right.MEGA

"Jennifer Garner is a perfect example of what modern, intelligent aesthetic work is supposed to look like — and just as importantly, what it deliberately avoids," triple board-certified plastic surgeon Dr. [Raffi Hovsepian](#) tells us.

"Any aesthetic work she's had has been subtle, conservative, and expertly timed rather than trend-driven or excessive," he observes. "From a surgical and aesthetic standpoint, there are no signs of aggressive plastic surgery on her face. Instead, what we're seeing is restraint paired with long-term strategy."

Dr. Hovespian points out how Garner's skin quality is "exceptional — smooth, hydrated, and evenly toned" — and that years of steady care have helped the 13 Going on 30 actress look the way she does today.

He adds: "This likely includes medical-grade skincare, high-level laser or resurfacing treatments, microneedling, and collagen-stimulating therapies," rather than anything invasive.

## Her Face Still Moves



Unlike some stars who have too much Botox, Jennifer Garner's face is anything but frozen.MEGA

"The most important detail is that her face still moves. Her smile, eyes, and brows remain expressive, which tells me she has clearly avoided the overfilled, frozen look that's become so common," Dr. Hovsepian raves about Garner.

Pointing out that there is "no sign of excessive filler in the cheeks, jawline, or lips," the plastic surgery wizard notes that her neck "does show more natural signs of aging," which works out in Garner's "favor."

"The neck is notoriously difficult to treat because the skin is thinner and more delicate. When the face looks unnaturally tight or overly youthful compared to the neck, it raises red flags. In Jennifer's case, the harmony between the two makes her appearance feel authentic rather than manufactured," Dr. Hovsepian enthuses.

He notes: "Many patients intentionally avoid aggressive neck surgery for this exact reason."

### Jennifer Garner Doesn't Look 'Worked On'



Jennifer Garner won her first and only Golden Globe in 2002 for playing Sydney Bristowe on ABC's 'Alias' MEGA

"Many celebrities opt for aggressive filler and dramatic tightening that may look striking up close but often ages poorly over time. Jennifer's approach is quieter, layered, and refined — and that's exactly why it's more successful," the beauty guru observes about Garner's maintenance routine.

"Jennifer Garner doesn't look 'worked on.' She looks well cared for, confident, and timeless — which is ultimately the gold standard in modern aesthetics," Dr. Hovsepian gushes.

The Peppermint star confessed in a June 2025 interview that she doesn't do "a ton" with injectables and isn't a fan of Botox, as she likes to be able to be expressive with her forehead.

"That's why I wear bangs a lot. I like to be able to move my forehead, and it's such a big part of my face," Garner explained.

## Jennifer Garner Hasn't 'Needed' Plastic Surgery 'Yet'



Jennifer Garner's amazing looks haven't dramatically changed since she first became a star almost 25 years ago.MEGA

When the topic of undergoing plastic surgery came up, Gardner admitted: "I haven't needed it yet, but I can't say that I haven't said to doctors before, 'Do I need to do this?'"

"And I've had really nice doctors who have just been like, 'No.' So, God only knows 10 years from now what the conversation will be. I'm not there yet," she added about going under the knife.