

Why Courteney Cox, 54, Stopped Using Fillers and Embraced Aging Naturally

"You have to accept getting older, and that's something that I had a hard time doing."



By [Korin Miller](#) Feb 15, 2019



- *Courtney Cox says she hasn't used face fillers in two years because she didn't like how dramatically they changed her appearance.*
 - *She also admits in a new interview: "You have to accept getting older, and that's something that I had a hard time doing."*
 - *Dermatologists explain how face fillers work, why they make look unnatural, and how to achieve great results if you're interested in them.*
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Courtney Cox has been pretty open in the past about trying out cosmetic enhancement and not exactly loving the results. Now, she's revealed that she hasn't used fillers in two years because she hated the way they made her look.

Cox, 54, told *People* in a new interview that she first started getting injectable fillers because she "wasn't pleased with myself and the way I looked."

"I would say it's a common thing you go through as you age, especially in Hollywood," Cox said. "You have to accept getting older, and that's something that I had a hard time doing." But using fillers didn't work out as well as she'd hoped. "I didn't realize it until one day I kind of stepped back and went, 'Oh s—. I don't look like myself,'" she said.

Cox told *New Beauty* back in 2017 that injectable enhancements were once a slippery slope for her. "What would end up happening is that you go to a doctor who would say, 'You look great, but what would help is a little injection here or filler there,'" she said. "So you walk out and you don't look so bad and you think, no one noticed—it's good. Then somebody tells you about another doctor: 'This person's amazing. They do this person who looks so natural.' You meet them and they say, 'You should just do this.' The next thing you know, you're layered and layered and layered."

Ultimately, she said, a friend told her it was too much and she needed to quit. "I didn't realize," she said.

What are fillers, exactly?

You've probably heard of them mentioned here and there, but might be a little fuzzy on the details. Fillers are products that are designed to be injected into your skin to help fill lines and restore lost volume that can happen as you age, says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City.

There are a bunch of different types of fillers on the market, including hyaluronic acid products, calcium hydroxyapatite, and poly L-lactic acid. "They each have different properties," Dr. Zeichner says. "Some are better for lifting, while others are better for plumping." Some fillers are also better used in certain areas like your cheeks, while others are ideal for your lips, he says.

When do fillers start to look unnatural?

"Many doctors use too much fillers at once," says [Gary Goldenberg, MD](#), assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. "I tell patients it's always best to start slowly and make small changes over time that add up."

If you're interested in getting fillers, he recommends coming up with a plan with your doctor on how to achieve your goals. "It can't be 'let's do everything at once.' That would produce an unnatural look," he says.

Dr. Zeichner also urges caution with using a doctor that overpromises results.

Overall, the idea with fillers is not to make someone look younger, but to make them look the best that they can for their age, Dr. Goldenberg says.

It's now been two years since she stopped using fillers, and Cox said she's the most confident she's ever been. "Now I just embrace who I am and getting older with what God gave me, not what I was trying to change," she said.