

## NON-SURGICAL

# Skin TIGHTENING

## THERMAGE

**Who?** All skin types. People with mild to moderate skin laxity who are worried about sagging skin.

**Age?** 35-60.

**What?** A non-invasive cosmetic procedure. It's not a laser. It's a heating technology that uses radio frequency to heat the skin. The heat works to regenerate collagen fibres that have stretched out with age. It also stimulates new collagen growth over time. Increased collagen production smooths, tightens, and contours skin. It reminds your collagen to keep working.

**When?** When things start sagging.

**Where?** Anywhere on the face, body, or as a special treatment for eyes.

**Why?** To tighten skin.

**How?** A grid (mini squares with numbers and letters) is applied to your face to avoid double treating areas and to ensure every surface is touched. They then stamp your face. The tip of the device's hand piece presses against the skin to deliver a pulse of radio frequency energy followed by a cooling sensation. The energy penetrates the skin to heat up the collagen.

**How long does it last?** Results last from 2-3 years.

**Is it painful?** Yes. It's hot and painful! If you don't feel the heat, the procedure's not working. You work with the person giving you the treatment to find a heat level you're comfortable with but also to achieve maximum results. The device

uses a Comfort Pulse Technology that massages the tissue with gentle vibrations during the procedure to make the whole thing more comfortable.

**Are the results immediate?** No. Full results appear at 6 months. Results begin to show between 1-6 months after collagen production kicks in.

**How long does the procedure take?** 45-90 minutes depending on the area treated.

**What's the downtime?** No downtime. You might experience redness or swelling that should disappear within an hour and within the day, respectively. You can apply your makeup before leaving the doctor's office.

**How many sessions are needed?** 1, but it should be repeated after 2 years.

**What are the results?** It varies from subtle to dramatic per patient. Tighter, smoother skin, contouring along jaw line, softening of wrinkles around the mouth and forehead, tightening of loose skin under chin.

**Price?** Depends on the area being treated, but the average face price is \$2,500.

### EXPERT ADVICE:

*"I would recommend starting between 30 and 40 years old. Once you turn 30, there's a one percent collagen loss per year. It's an excellent preventative measure. The younger you start the better results you'll have because it is cumulative."—Anastasia Tzerefou, Technician at Dermapure.*

## ULTHERAPY

**Who?** Someone with skin laxity.

**Age?** 40 plus.

**What?** It's a non-surgical, non-laser procedure that works from the inside out. It's an ultrasound procedure that stimulates the production of collagen and elastin. It bypasses the surface of the skin to deliver ultrasound energy at the muscle. Skin is composed of four layers (epidermis, dermis, fat and connective tissue, muscle), and ultratherapy causes inflammation on different depths of the skin. It's like a skin lift without a scalpel. By making little perforated holes on the skin, it has the capacity to go deep near the muscles, lift them, reconstruct collagen fibres, and lift the superficial level of the skin. It is a complete approach to a skin lift without being invasive.

**When?** When things start sagging.

**Where?** Face, neck, and décolletage.

**Why?** To tighten skin.

**How?** Ultratherapy deposits focus ultrasound energy deep beneath the skin at the optimal temperature for collagen regeneration. The treatment jumpstarts a natural process, known as neocollagenesis, to produce fresh, new collagen. It relies on your body's own collagen-building process.

**How long does it last?** Results last up to 2 years.

**Is it painful?** Yes. Discomfort varies depending on the patient, but it is tolerable overall.

**Are the results immediate?** No. They appear between 2-3 months and can continue for up to 6 months.

**How long does the procedure take?** 60-90 minutes for face and neck.

**What's the downtime?** None.

**How many sessions are needed?** 1, but your body continues to age, and collagen continues to decrease, so you want to keep it working.

**What are the results?** A youthful lift and skin tightening.

**Price?** You can do different zones of the face separately. One region (like a brow) can go up to \$1000, but the whole face and neck usually cost anywhere from \$3500 to \$5000.

### EXPERT ADVICE:

*"It's basically non-surgical rejuvenation. These are procedures that are going to make you look fresher and more well rested but not crazy. That's the best thing. It's a nice idea for someone who wants to be fresh, be well rested, but not too tight. I tell people it's just going to make them look fresher rather than 20 years younger."—Dr. Lisa Kellett.*