

# NEW BEAUTY

## SKIN TIGHTENING TECHNOLOGY

ENERGY-BASED SKIN-TIGHTENING TREATMENTS ARE A HOT TOPIC, AS THROGS OF WOMEN FLOCK TO DOCTORS' OFFICES.

## SKIN

**\* AGE ERASING LASERS**  
The latest treatments top doctors are using right now!

### THERMAGE FOR LIPS A PRETTIER POUT WITHOUT INJECTIONS

This targeted radiofrequency treatment is essentially the same as the original Thermage, but the energy doesn't go as deep and it is performed with a smaller tip. It enhances the lips by tightening the skin around them for a reduction in the appearance of lines. In addition, the contraction of the skin can also help reveal more of the red part of the lips.

**WHAT TO EXPECT** | "Patients feel a heat sensation with each pulse, and can expect mild swelling and redness for a day or two. It's possible to see some immediate tightening, followed by continuing gradual improvement," says Dr. Holcomb.

**CAVEATS** | Dr. Alster says, "Don't expect Thermage to give you the plump look typically seen after filler injections. The clinical results are more subtle than that."

### RADIOFREQUENCY TIGHTEN BY PRODUCING NEW COLLAGEN

These electromagnetic waves penetrate the skin to stimulate the contraction of existing collagen and the production of new collagen for a modest tightening effect. Devices that fall into this category include Thermage and ReFirme in addition to the ones below.

### ACCENT ➤ TARGET THE SURFACE AND DEEPER LAYERS OF THE SKIN

Accent is different than other skin tightening devices on the market because it delivers two forms of radiofrequency energy to address laxity on both the skin's surface and in the deeper layers.

**WHY IT'S DIFFERENT** | "Accent uses a proprietary technology that delivers the energy as it is passed over the skin. This reduces the risk of 'hot spots,' thus eliminating the need for topical anesthesia," says Dr. Holcomb.

**REALISTIC EXPECTATIONS** | Dr. Alster says, "Any radiofrequency device will cause some tissue tightening, but this device is claiming to have an effect on cellulite, and the question is whether or not the energy gets deep enough." Keep in mind that its effects on cellulite may be due to the swelling associated with treatment, which eventually diminishes.

### AFFIRM ➤ SIMULTANEOUS SKIN REJUVENATION AND TIGHTENING

A relative newcomer, Affirm combines two wavelengths of light for skin resurfacing and a tightening effect. Treatments take about 15 minutes and do not require any downtime.

**WHAT TO EXPECT** | "Affirm is nonablative, so there are no open wounds and no need for topical anesthetic. You can see an improvement in acne scarring and a gradual, slight tightening over a series of treatments," explains Dr. Holcomb.

**ALTERNATE USES** | Dr. Alster says, "I like this device for stretch marks since it's a great choice for treating larger areas. It tightens the tissue, makes the skin less crepey and, although it doesn't put the pigment back in the stretch marks, it helps them look less apparent."

# BEYOND BAGGING