

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

# NEW BEAUTY

SPECIAL EDITION

THE LATEST  
**WRINKLE  
REMOVERS**

**FACELIFT  
OF THE  
FUTURE**

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**ANTI-AGING BREAKTHROUGHS**

ADVANCED INJECTABLES · AGE-REVERSING LASERS · POWERFUL PRODUCTS

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## SKIN RESURFACING

- 1** **FRACTIONAL RESURFACING** (Fraxel SR, Affirm, LuxIR): The laser energy is broken up into beams that create microscopic wounds resulting in a near-total resurfacing of treated areas over a series of treatments.
- 2** **ERBIUM:YAG** (Sharplight): This laser can be used superficially for resurfacing the top layer of skin or deeper for results that are more significant.
- 3** **CO<sub>2</sub>**: The most aggressive laser for resurfacing, CO<sub>2</sub> treatment offers dramatic improvement for lines and wrinkles, though serious downtime is required.

# 6 energy age-reversing solutions

## SKIN TIGHTENING

- 4** **RADIOFREQUENCY** (Thermage, Aluma, ReFirme): Not a laser, this energy-based treatment claims to tighten skin with electromagnetic energy similar to that found in microwaves.
- 5** **ULTRASOUND** (Titan, LuxIR): Sound waves (as opposed to light waves) are sent deep into the skin to theoretically tighten up existing collagen and boost the body's natural collagen production.
- 6** **LED** (GentleWaves, Max7): Not a laser, per se, LED uses painless light energy to restructure collagen within the skin. This nearly risk-free treatment can be found in doctors' offices, spas and at Osmotics counters in select Nordstrom stores.

## THERMAGE, ALUMA AND REFIRME

These treatments utilize radiofrequency energy to stimulate collagen production within the skin. The main difference is that Aluma incorporates suction to direct the energy to targeted areas while ReFirme uses added light energy to direct the energy source deeper into the skin. Thermage features a cooling element to protect your skin and increase comfort. Before, during and after each touch of the device tip, the surface of the skin is cooled with a cryogen spray, while the deeper tissue, called the dermis, is treated by radiofrequency heating. Dr. Alster adds that changes in the tip sizes, speed and energy over the evolution of the Thermage unit have increased the patient's comfort. Whether results are any better than those seen with the prior tip sizes, speeds and strengths remains to be seen.

## THE EXPERIENCE

The energy technologies that create firmer, tighter skin send energy deep into your skin. For that reason, you should expect to arrive at the doctor's office at least 30 minutes early to allow for the topical anesthetic cream to take effect. For your safety, you may be attached to a grounding device so the energy stays where it is delivered and doesn't travel through your body. Your doctor may also recommend an oral sedative, as the heat experienced from energy treatments can be uncomfortable. After treatment, you'll feel somewhat sensitive, and over the following weeks and subsequent to additional treatments, you'll notice improvement in skin firmness and see or feel treated areas begin to improve.



BEFORE



SIX MONTHS AFTER THERMAGE

Procedure performed by Flor A. Mayoral, MD; Miami, Florida. Photos provided by Thermage.

## TITAN AND LUXIR

These treatments utilize infrared energy to heat the skin's inner layers, tighten collagen fibers and stimulate new collagen production. Dr. Katz believes, "The newer Titan is much more comfortable than Thermage," explaining that the infrared wavelength does not produce as many possible side effects as radiofrequency. "Titan produces less skin irregularities such as unevenness and depressions than Thermage because the Titan doesn't go that deep," he says. For Titan, "We use topical anesthesia and, besides possible redness and puffiness for a few hours, there is no downtime. You can go right back to work."

## THE EXPERIENCE

These treatments feel much like any non-ablative laser—you'll feel a mild snapping as the heat source is directed into the skin. Within the weeks that follow you'll notice improved firmness, improved appearance of wrinkles and improved overall tone. However, these treatments are very controversial. Many physicians have not seen the results that were promised when these devices came on the market.

## BEFORE AND AFTER

One Thermage treatment to the mid-face, lower face and neck.

## MULTITASKING TREATMENTS

The latest generation of light- and energy-based technology is moving toward multifunctionality by incorporating more than one technology into one treatment. One example is the new 3D Approach from Cutera, which combines two Intense Pulsed Light technologies [to target skin discoloration texture and wrinkles] plus ultrasound energy for a tightening effect. LuxIR from Palomar is another such hybrid, incorporating fractional resurfacing with skin-tightening ultrasound energy.

## TREATMENT ESSENTIALS

### NUMBER OF TREATMENTS

Results may require more than one treatment

### ANESTHETIC

May require topical anesthetic and/or oral sedative

### RESULTS SEEN

Improvement (which may be none or very modest) is seen over time, ranging from weeks to months after the initial treatment or treatment series

### DOWNTIME

Redness is a possible result, but in general, there is no downtime

### SPECIAL CONSIDERATIONS

Most treatments are safe for any skin type, however it is always imperative that your doctor evaluate your skin specifically to address safety and the outcomes and potential risks