

THE YOUTH SOLUTION

SCIENCE IS MAKING WAVES IN THE FIGHT AGAINST AGING. SOUNDWAVES AND LIGHTWAVES, THAT IS.

by Patricia McCauley

Sound off: It doesn't matter how stylish your hair or fabulous your dress. Sagging skin is a sure sign of premature aging. Now, second-generation skin tightening devices have begun to fight back in more effective—and patient-friendly—ways than ever. Leading the way is Ultherapy, the first ultrasound technology to receive FDA approval as a nonsurgical brow and neck lift.

Ultherapy drives sound waves into the skin's top layers, as well as to deep muscular layers underneath. (These deeper layers are known as the SMAS, or the superficial musculoaponeurotic system.) The sound waves cause skin cells to vibrate and generate heat. Existing collagen tightens—a phenomenon called collagen remodeling—and new collagen is produced. "Over three-to-six months, this results in a lifting and tightening of loose skin," says Dr. Sabrina Guillen Fabi, head researcher of GBK Cosmetic Laser Dermatology in San Diego.

Ultherapy is the first nonsurgical device to combine ultrasound visualization with energy. "This treatment is the first of its kind allowing a doctor to see the structures of the skin," notes Beverly Hills plastic surgeon Dr. Babak Azizzadeh. Dr. Robert Anolik of the Laser & Skin Surgery Center of New York prefers Ultherapy to skin tightening methods such as radiofrequency and infrared light. "I can see the effect of the energy on the bands of collagen," Dr. Anolik says.

Ultherapy can provide lasting results in one 60-minute session. Some patients see an initial effect, though optimal results appear in three to six months. Though patients experience discomfort during treatment, it's temporary and treatable with simple pain management. Depending on skin areas and depth of treatment, you may experience redness or swelling, which disappears within 24 hours. Most patients can apply makeup after treatment. "There's no downtime, no scars, and no risk of looking overdone," says Dr. Fabi.

So, before you purchase another high collar blouse or "miracle" wrinkle cream, consider Ultherapy—all "tuck" and no "nip." [Visit ultherapy.com](http://www.ultherapy.com).



ULTHERAPY — AS FEATURED IN
NEW YOU MAGAZINE



FADIL BERISHA

THE TREATMENT: Ultherapy
An FDA-approved ultrasound technology.

THE BENEFIT: It's a highly effective,
nonsurgical brow and neck lift.

*Some portions of the original
article have been excluded*

Ultherapy®
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