



Young, not just at heart...

Ageing is something which cannot be avoided, but can be masked. Dr. Geeta Oberoi lists down measures for a youthful looking skin, that too without surgery!

Skin is the largest organ in the body, adapting everywhere to the changes in your shape, activities and lifestyle. As we age, our skin's strength and elasticity decreases for instance on our face frown lines appear on forehead, our cheeks drop down so does our eyebrows, smile lines appear and the angles of the mouth droop down. Your features lose definition – especially in the jaw line, lips and neck.

For most people, age brings with it areas of sagging or unsightly bulges that just can't be remedied with exercise or diet. Its skin and fat – that often gets in the way of achieving the youthful look we all desire.

Skin tightening and lifting require appropriate products, equipment and technical expertise. For its success, the V shape radiofrequency skin tightening is a solution. The primary objective is to stimulate the body to produce collagen and elastin cells (building blocks of the skin) in a quantity high enough to create greater support for fallen skin and the surrounding structures. Collagen and elastin production reduces with intrinsic aging (the natural aging process) or extrinsic factors, leading to visible sagging and thinning of the skin. Anti-aging treatments are required to reverse sagging skin issues.

Tools For Skin Tightening:

- Radiofrequency skin tightening: Through a process of gently heating the skin, it causes considerable tightening and lifting, without any pain or recovery period.
- Botox injections: These are effective in reducing the downward pulling action of muscles in the face and thus lifting the skin upward.
- Dermal fillers: They help in replacing lost volume in the face by re-expanding and tightening the skin.
- RF pixel: This is useful in resurfacing as well as tightening facial skin.

Lift And Tighten Your Face Without Surgery...

Advanced technology now enables the skin on the face to be lifted and tightened without surgery. These techniques are minimally invasive and in most cases, require no significant recovery period.

Radiofrequency Skin Tightening (Non Invasive)

Through a single machine, called accent ultra, it is now possible to get rid of facial lines and wrinkles, contour the face, reduce facial fat and tighten skin. Embedded in it are two distinct and advanced technologies, namely ultrasound and radiofrequency that together enhance the treatment for facial contouring.

- The Ultra Module combines two advanced ultrasound technologies to offer a "gold standard" body and facial reshaping.
- RF (radiofrequency) technology has both unipolar and bipolar technology. The systems unique hand pieces deliver gradual heat to different layers of the skin for collagen and elastin remodeling and tightening.

The unipolar technology provides recontouring of areas like arms, stomach, thighs and cellulite. It is also used on areas of the face that requiring deep heating to reduce deeper lines and wrinkles and for the double chin and jowls. The bipolar technology creates local, superficial dermal heating on delicate areas such as the face and around the eyes.

Benefits:

- Virtually pain-free, feels like a hot stone massage.
- Non-invasive, non-ablative and without the use of anesthesia.
- Noticeable results can be noticed on patients of all skin types and age groups.
- Can be effectively used on almost any part of the body affected by skin laxity.

Benefits For Face:

- A tighter, recontoured face lift with considerable improvement in wrinkles and lines.
- Marked results are seen in the double chin area and face sagging.
- Dark circles and eye wrinkles improve.

Benefits For Body:

- Gives your body a better shape.
- Can tighten the skin on abdomen, arms, thigh and cellulite.
- Say good bye to stretch marks.

Other Methods For Lifting And Tightening The Face:

Botox Injections

The muscles of the face generally work in pairs; there is a downward pulling muscle and an upward pulling muscle. For instance, when you smile, one muscle pulls the corners of the mouth up while another pulls it down. Botox injections can be used to selectively relax facial muscles. If the downward pulling muscle is relaxed, the upward pulling muscle becomes relatively stronger, causing a lift in the face.

There are several areas in the face that can be lifted by relaxing the muscles:

- Underside of the brows.

- Corners of the mouth.
- Neck area for the jowls and the jaw line (often referred to as the "Nefertiti lift", alluding to the Egyptian queen known for her defined jaw line)

Dermal Fillers

Facial volume loss caused due to aging often results in skin laxity. This can be compared to a ball that loses some of its air over time and thus needs to be re-inflated. This lost volume can be replaced by dermal fillers that tighten and lift the skin. They can be used in the cheeks, brows, jaw line, and chin to improve the firmness of skin.

HF Pixel

This unique approach is a major step forward in providing significant cosmetic results with minimal downtime, especially when used in conjunction with the other unique treatments for skin tightening and redness treating and rejuvenating your skin.



Credits:
Dr. Geeta Oberoi
(MBBS, DFD UK, AAAM USA)