



GET YOUR GLOW ON!

LOOKING GOOD HAS NEVER BEEN EASIER

It's a heyday of anti-aging technology, boutique fitness, mindfulness, millennials, alternative medicine and fast, fresh food. Here's our take on health and beauty in 2015. Happy New Year!

SKIN DEEP

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o you wish you could turn back time and diminish wrinkles and sagging skin? The quest for the fountain of youth is nothing new, it's been going on for centuries. In 2014, it's estimated Americans spent \$20 billion on products and treatments to reverse the signs of aging. While the past year didn't produce the perfect elixir, it did deliver some scientifically solid advances in anti-aging skincare. We talked with some of the city's top medical professionals about non-invasive treatments that make it easier than ever before to achieve a youthful glow. **BY LINDA CHILDERS**

ULTHERAPY

PROBLEM: Jowls or Double Chin

HOW IT WORKS: Ultherapy uses ultrasound and the body's own natural healing process to lift, tone and tighten loose skin on the brow, neck and under the chin. The device applies ultrasound energy to the deep structural support layers of the skin—including those typically only addressed in a surgical facelift—without disturbing the surface of the skin. "Ultherapy lifts and tightens facial skin," says Dr. Dean Vistnes, a board certified plastic surgeon and owner

of SkinSpirit. "Skin strengthens within a week after the procedure and continues to firm over the next few months." There is no downtime with Ultherapy and Dr. Vistnes says it's a good option for people in their 40's and 50's who want to rejuvenate their appearance, but don't require a facelift. Note: Some patients report discomfort, request pain medication prior to treatment.

COST: \$2000-\$3000, depending on number of areas treated. ➤





WHERE TO FIND IT

Like all medical procedures, superior results from anti-aging treatments require the skill and training of professionals. Do your homework.

SkinSpirit

1647 N. California Boulevard
(925) 952-9200
skinspirit.com

JUVEDERM VOLUMA XC

PROBLEM: Facial Folds and Sags

HOW IT WORKS: Juvederm Voluma is an injectable filler made with hyaluronic acid, a naturally occurring sugar found in the body. As we age, the hyaluronic acid produced starts to diminish and facial volume decreases. Gravity pulls the skin down, resulting in folds and sagging. With just one treatment, Juvederm instantly adds volume back to the face. Injected near cheekbones or along jawbones, it gives a subtle lift, helping to restore contour and a more youthful profile.

COST: \$950 for one injection, results can last up to two years.

MICRO PENNING

PROBLEM: Fine lines, wrinkles, acne scars, dull and uneven skin tone

HOW IT WORKS: Cutting edge Automated Micro-Penning (also known as Collagen Induction Therapy, or CIT) is a new procedure that creates superficial, microscopic channels in the skin, resulting in improved texture, reduced appearance of acne and softening of wrinkles. Treatment areas include the face, neck, and décolleté. "Micro-penning is a safe alternative to lasers and dermal rollers and has no downtime," Dr. Vistnes says. Treatments last 15-30 minutes using a cordless, automated device that stimulates collagen and elastin production and results in a healthy glow.

COST: \$275 a session, may require a series of treatments.

ATX 101

PROBLEM: The bane of existence for many in midlife "waddles" or double chins.

HOW IT WORKS: Until now, the chin and neck have proven challenging areas for dermatologists and cosmetic surgeons to contour without surgery, but that may change in 2015. Dr. Ed Becker, dermatologist and owner of Walnut Creek Skin and Laser, says "revolutionary ATX-101, sodium deoxycholate, an injectable treatment for the chin and neck, is expected to be ruled on by the FDA this spring, offering consumers a non-invasive option with dramatic results." Multiple treatments may be required.

COST: Unknown

REVLITE LASER

PROBLEM: Tattoo Removal

HOW IT WORKS: It's estimated that close to 25 percent of the U.S. population has some sort of tattoo. There's good news for anyone who has an unwanted body design. Newer laser tattoo removal techniques eliminate tattoo with minimal side effects. Here's how it works: lasers break up the pigment colors of the tattoo with a high-intensity light beam. While it isn't always an easy process, new technology has made it less time consuming and painful. In Walnut Creek, Dr. Becker uses the RevLite laser, which is 60 percent more powerful than most lasers and twice as fast, delivering short energy bursts to the skin. "Tattoos that would normally take 10-12 sessions, can now be removed in 6-8 sessions," says Dr. Becker. "RevLite clears all colors and treats all skin types, leaving no residual images."

COST: Averages \$2,000, depending on size of tattoo and number of sessions required.

BOTOX

PROBLEM: Forehead wrinkles, frown lines, droopy lids and brows

HOW IT WORKS: Millions use the blockbuster drug Botox regularly. It reduces wrinkles in the upper half of the face and the longer patients use it, the better they look. And its popularity is skyrocketing, particularly among men. According to the Journal of Cosmetic Dermatology, the number of American men getting Botox ("Brotox") injections has increased 258 percent

over the past decade. "We see a lot of men who feel pressured to maintain a youthful appearance in the job market," Dr. Vistnes says. Botox is an injectable that takes a few minutes to administer and has no downtime. Typically, the vertical lines between the brows are injected with 13-30 units, while the horizontal forehead lines need 10-20 units. The injectable procedure freezes fine lines and wrinkles providing visible results that last four to six months.

COST: \$12-\$15 per unit.

