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HEALTH

ULTRATREND

ULTHERA

Tens II reporters field studied the latest in high-tech cosmetics

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hat it’s like at 50 competing daily with a squad of youthful fashionistas in the office? With a workload that puts weekends and vacations out of the question. In a society that is all about appearances, which notoriously define our trade not only for a reproductive match but for friendships, liaisons, careers...

Every woman knows that after 25, regular facials and masks, no matter how well advertised, do not suffice. I am a kind of purist—never tried alcohol, smoking, junk food, hair but life wasn’t a piece of cake and I did have a wagon of baggage to erase from my face.

As a high tech geek and an enthusiast of all “tech,” I used its invention Thermage from inception—from 2007—almost yearly. I researched the reviews saying it did not always work but I knew I am kind of a dog or rat—everything works on me.

But this time my usual Thermage seemed impossible to do: doctors found my request ridiculously dated: Dr. David Rahimi who runs an equipped by lasers as a futuristic space ship clinic near HL offices in Beverly Hills was adamant about showcasing his magic with the latest in first and non-invasive treatment—Ulthera (also known as Ultherapy), avidly adopted by Hollywood gods of both sexes for regular use.

Ulthera is a next generation non-invasive procedure designed specifically for skin tightening, mostly aimed for eyebrow, neck and under the chin area. It uses ultrasound to stimulate the deep layers of the skin without affecting the surface and triggers the natural healing process to boost collagen growth over a period of 2-4 months post treatment.

Ulthera requires sedation, unlike Thermage, which I was able to tolerate without. Dr Rahimi is certified by the American Board of Dermatology and Diplomat of the American Board of Cosmetic Surgery, has received the Walter E. Rosenberg award in dermatology, the William Newman award in pathology and performed 100,000 procedures personally as he does with every patient, unlike with Thermage where you are in the hands of a nurse.

Ulthera is as costly as Thermage used to be at its introduction but still many times cheaper and safer than invasive tightening. I think of its expense as of any high tech cost—research and development must be paid by us poor souls who want to reap the fruits of it. Which is fair, but still bites.

Because Dr Rahimi claimed that this is not a treatment just for 45+ as Thermage was marketed, but for people of both sexes of any age and in fact many patients are under 20—mostly those who lost weight and therefore are in need of skin tightening—we readily provided the doctor with two guinea pigs—a 29- and 50-year-old.

PROBLEM

RESULT

1. Sagging skin on lower face
   Unevenness under lips’ corners disappeared
   Good
   Excellent
2. Prominent pores
   Pores definitely got tightened, though did not disappear
   Almost invisible
   Very good
3. Smile wrinkles around eyes
   Visibility lessen by about 90%
   Very good
   Excellent
4. First chest wrinkles
   Probably the strongest result—loving my smooth neck now
   Good
   Excellent
5. Round wrinkles on neck

50 YEAR OLD REPORTER

Good health, 2 children, non-smoker, non-drinker, fit, moderate to intense exercise (depending on season)

IMMEDIATE RESULTS

Dr Rahimi performed the laser treatment himself, putting me under medication to numb the painful procedure, which lasted merely a couple hours after which I was ready to go on about my day. Certain results were clearly detectable right away: my upper eyelid was a tiny bit raised and neck lines less visible, making me smoother.

The day after the procedure I saw that my biggest concern—the smile lines—had become visibly smaller. Seeing such improvement in the mirror drastically affected the brain, too, creating a better mood, especially remembering Dr Rahimi said that results would become more apparent over the course of a month.

Today it has been 4 weeks since the procedure and, based on current developments, I am excited about the final outcome. Up to now I’ve been pleased with the following results: smoother skin surface, less defined smile lines, smaller pores, skin on face and neck tightened.

DISCLOSURES

Dr Rahimi performs Ulthera firsthand, has experience with some 30 various lasers and tens of thousands procedures under his belt so we, two HL reporters, trusted him with ease.

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