

Brightening & Tightening

Dr. Nantapat, Thailand's top practitioner of cosmetic dermatology and founder of the APEX Profound Beauty clinics, explains three laser treatments popular among men.

Quick – what does laser stand for? The word is so common nowadays that it's easy to forget it's actually (memorize this if you want to impress your friends) an acronym for Light Amplification by the Stimulated Emission of Radiation.

We've all heard of lasers in CD players, printers and perhaps semiconductors, but who knew you could 'laser' your face and look ten years younger in the process?

Modern science never ceases to stand still as does man's quest for eternal beauty. Looking 18 forever might be a bit ambitious, but in the rapidly developing field of medical laser technology scientists have sure come a long way.

The variety of aesthetic laser treatments is mind-boggling. As Dr. Nantapat has put it, "blink and there's a new machine out there". Laying a stack of leaflets before me at her APEX clinic on Sukhumvit Soi 39, the doctor elaborates on a few choices of brightening, tightening, smoothening and rejuvenating the skin.

Below an example of three laser treatments currently popular for skin tightening, with minimum pain and maximum results guaranteed.

Note that it is advisable to consult a qualified dermatologist with extensive experience using a laser. They can also determine whether laser treatment is indicated and which one(s) is most suitable.

In our next issue in we'll tackle a few other procedures commonly used for hair laser removal and improving the overall condition of your skin.

Galaxy: Skin tightening and enhancing skin texture

Treats: Tightens skin, reduces pigmentation and enhances skin tone and texture, restoring skin to a more youthful state.

How it works: Wrinkles occur with age and environmental damage because our collagen becomes thinned and loose. Using a unique combination of four laser technologies – Intense Pulse Light, Radio Frequency, Diode Laser, Heat – energy is sent precisely and effectively to the treatment zone, to stimulate new collagen production, which in turn reduces both deep and superficial wrinkles. It also firms and tightens the skin, producing an overall healthy glow.

Recommended age group: 25 and up; also for prevention. Number and frequency of treatments: 3–5 over the course of a few weeks. Most people will see results after 1–3 treatments.

Pain level: Minimal. There is a small risk of developing a scab or a bruise from the treatment, but this should resolve over 7–10 days.

Downtime: None.

Risks: Minimal.

EMax: Skin tightening and lifting

Treats: Tightens and rejuvenates the skin. Reduces wrinkles at both the epidermal and deep dermal levels. Also treats: Rosacea; spider veins; skin imperfections caused by sun damage, age spots, birthmarks, lesions and uneven skin tones.

How it works: The procedure combines safe and effective levels of infrared light, bipolar radiofrequency, IPL and Diode Laser energies to target the problem area of the skin, depending on the condition to be treated.

Recommended age group: 30 – 35 and up; over 35 if done as maintenance for Thermage (see below).

Number and frequency of treatments: 3 – 5 over the course of a few weeks.

Pain level: Zero.

Downtime: None.

Risks: Minimal.

Thermage: Non-surgical facelift

Treats: Sagging skin and considering a face-lift. It can also help reshape your face and firm up your skin.

How it works: Thermage employs a patented radiofrequency (RF) technology that heats a large volume of collagen in the deeper layers of the skin and its underlying tissue. This deep uniform heating action causes deep structures in the skin to immediately tighten. Over time, new and remodeled collagen is produced to further tighten skin, resulting in healthier, smoother skin and a more youthful appearance.

Recommended age group: 30–35 and up. Earlier is possible in some cases, e.g. to combat premature wrinkling, reshape your face or firm up you skin.

Number and frequency of treatments: 1 time. Results last around 2 years; maximum results are reached after about 2–6 months when new collagen has formed. The treatment can be repeated at the earliest after 6 months; and for maintenance after 2 years.

Pain level: Medium. A brief, deep heating sensation may be experienced with each touch of the device (tip) to deliver the RF energy. Prior to treatment, an anesthetic cream is typically applied. Additionally, relaxants and/or pain medication may be prescribed.

Downtime: A bit of swelling for a couple of days.

Risks: Minimal. Not recommended to do repeat treatments too often or too soon (i.e. within 2 years), especially if you have thin skin.

