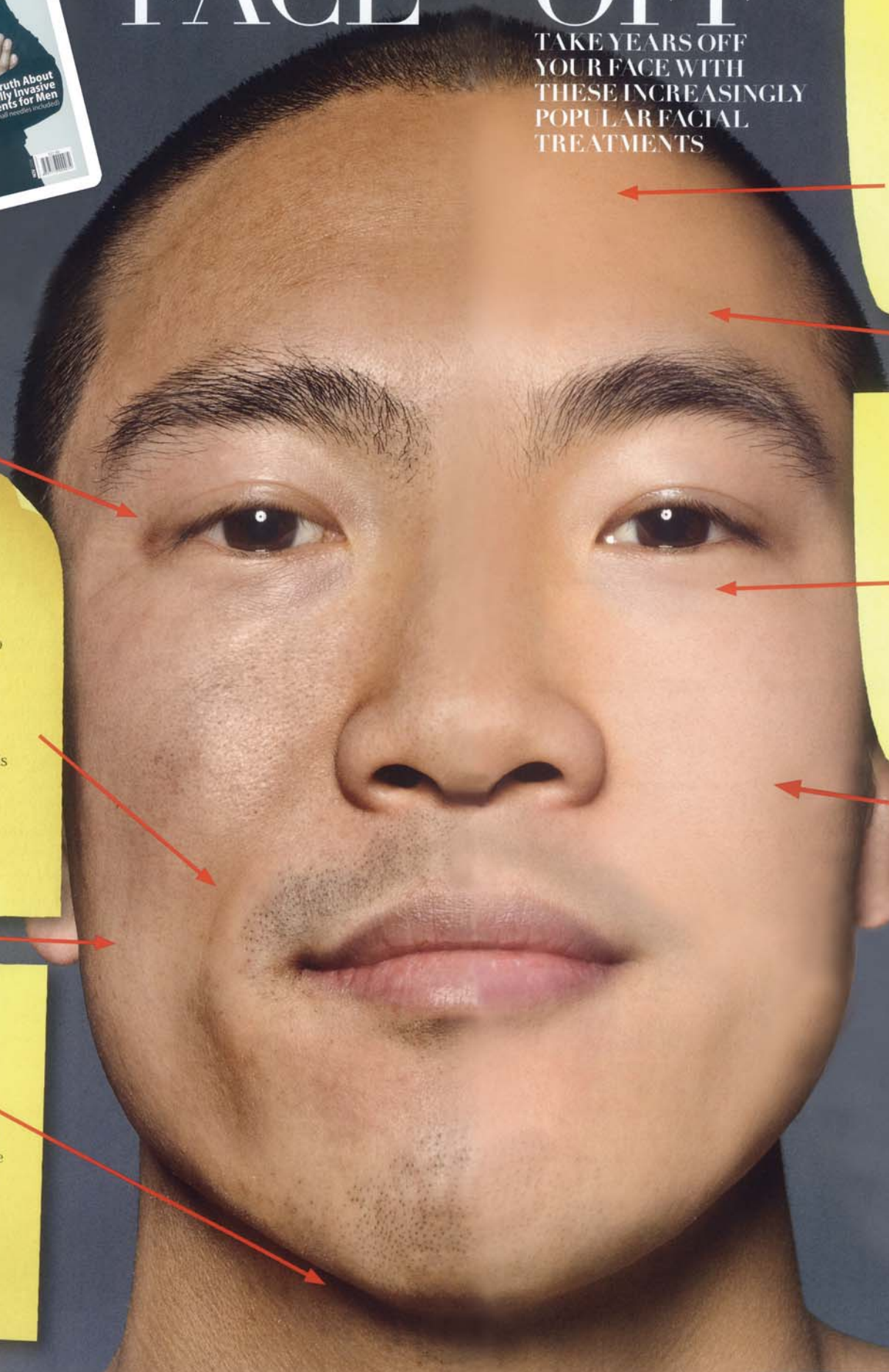




# FACE OFF

TAKE YEARS OFF YOUR FACE WITH THESE INCREASINGLY POPULAR FACIAL TREATMENTS



## Botox

**What It Does:** "It works to relax the muscles by blocking nerve impulses. When muscles cannot contract, wrinkles relax and soften. It usually takes two to four days to see cosmetic improvement. Results usually last between four and six months."  
**Procedure:** Injections, no anaesthesia required  
**Cost:** Between \$800 and \$1,500 per area  
**Pain Factor:** Very low. The needles used are very fine  
**Downtime:** None (can be done as a lunchtime procedure)

## Fraxel

**What It Does:** Microscopic laser columns penetrate deep into the dermis to stimulate the skin to heal. It can be used to treat deep acne scars or just to even out the complexion. Repeated treatments may be necessary. Results last from eight months to a year  
**Procedure:** Local anaesthesia is applied and then the Fraxel hand piece is guided across the skin.  
**Cost:** From \$1,500  
**Pain Factor:** A mild prickling sensation.  
**Downtime:** None

## Titan

**What It Does:** The procedure uses infra red light pulses to stimulate collagen production in the skin and lift areas prone to sagging. Results usually last between 12 and 18 months.  
**Procedure:** Once your face is cleansed and primed with a cooling gel, a piece of equipment called the Titan is applied strategically over the skin.  
**Cost:** \$1,200 for whole face; \$600 for just the area around the eyes; \$800 for the jowls  
**Pain Factor:** There is almost no pain at all. You may feel mild heat, akin to a heat pad passing over the skin.  
**Downtime:** None  
**AM Recommends:** LinC Aesthetic Clinic

## Thermage

**What It Does:** Radiofrequency (RF) technology heats the deep layers of skin to stimulate the body's natural skin renewal process. Helps to tighten existing collagen and form new collagen. Results vary.  
**Procedure:** A handheld device is held against your skin, with a cool/hot sensation that alternates during the treatment  
**Cost:** \$5,500 for the full face  
**Pain threshold:** None. Patients will experience some heat on the treatment area  
**Downtime:** None

## Esthelis/Fortelis

**What It Does:** These are essentially fillers that plump up to skin to correct deep lines and wrinkles on the face. "Esthelis is ideal for the nasolabial and marionette fold, while Fortelis is ideal for cheek, chin and nose augmentation." Results usually last between nine months and to a year.  
**Procedure:** The product is usually injected directly into the targeted treatment areas.  
**Cost:** From \$800 onwards per syringe  
**Pain Factor:** Usually, a local anaesthetic cream is used as some people experience minor discomfort  
**Downtime:** None

## Acculift

**What It Does:** Commonly referred to now as the Laser Facelift. "Ideal for the treatment of the cheeks, jowls and the neckline and gives results much similar to that of a mid-face lift." Usually lasts one half to two years.  
**Procedure:** Small incisions are made at the edge of each treatment area and treated with the laser to loosen and remove unwanted fat. After which, incisions are close with a small suture.  
**Cost:** From \$1,500 to \$3,500  
**Pain Factor:** Carried out under local anaesthesia  
**Downtime:** Two to three days

## Threadlift

**What It Does:** "They are threads (with hooks) that are placed under the skin to support underlying facial tissue."  
**Procedure:** A thin needle is used to insert the sutures under the treatment area. The barbs on one end of the thread grab and lift sagging skin, and the teeth on the other end anchor the skin to the underlying facial tissues. No incisions or stitches are required, and no scars are produced. Lasts anywhere from two to four years.  
**Cost:** \$4000 per area  
**Pain Factor:** Done under local anaesthesia; painkillers  
**Downtime:** 10 days

## Ultherapy

**What It Does:** A medical ultrasound procedure that tightens and firms up tissue below the skin's surface  
**Procedure:** A smooth applicator placed upon the skin is used to deliver low levels of focused heat at just the right depth below the skin's surface. This in turn causes the skin to react with new collagen growth  
**Cost:** From \$5,500  
**Pain Factor:** Minimal  
**Downtime:** None