

Devices for Firming the Skin

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Having firm skin is just about a must-have if you want to look ageless and glamorous. Forget creams and Botox, skin firming devices are used by physicians and specialists. They're made to turn your frumpy skin into a brilliant palette. Find one that works best for you and start your path to a new you.

Photo: Jupiterimages/Pixland/Getty Images

Firm Skin

Having incredible skin can make anyone look radiant and beautiful. However, since women go through so much in their lifetime, sooner or later the skin begins to lose its firmness. Chief Medical Officer of Calidora Skin Clinics, Dr. Richard Baxter says that skin loses its firmness because collagen, or the building block protein that connective tissues are made of, breaks down as women age. Lots of sun exposure can also be a culprit in not having firm skin.

Thermage CPT

Dr. Debra Jaliman, assistant professor of dermatology at Mount Sinai School of Medicine, says that Thermage CPT is the best device she's ever used for firming and tightening the skin. "It is a radio frequency that stimulates the fibroblasts that make the collagen," says Dr. Jaliman. She says that the results are visible immediately and the skin continues to firm over the next six months. Unfortunately, there is a bit of pain

involved and you would need to take oral pain medication before starting the procedure.

Venus Concept

To look like you could win a Miss Universe pageant, Donald Trump's Miss Universe Organization's dermatologist Dr. Cheryl Karcher says the best skin firming device she's tried is the new Venus Concept, a radio frequency device. She says that it takes about six to eight treatments to start seeing results. Dr. Karcher says that you also won't feel any pain, so pain medication is avoided. However, she does say that this treatment cannot be done at home, so seeing a professional is a must.

Cutera Titan

Miami Beach Plastic Surgery Center & Medspa's lead aesthetician Tina Cappiello says the top nonsurgical skin tightening treatment today is the Cutera Titan. Cappiello says that this treatment device creates dermal heating while stimulating the fibroblast layer of the tissue. This process enhances collagen production, leaving the skin looking plump and firm. There is minimal discomfort and you can be out and about right after you leave your physician's office. Cappiello says that this is the ultimate way to slow down the aging process and take years off your face.

Oxygen

What you breathe in can possibly help you firm your fabulous skin. Los Gatos, California, skin care specialist Janna Bowman says that the best device for firming skin is the latest Intraceuticals Oxygen Infusion treatment. This treatment is "a noninvasive technique that uses oxygen under pressure as a means to deliver a unique moisture binding serum to the deeper layers of the skin," says Bowman. It basically enhances the skin by absorbing essential vitamins and minerals, which stimulate new cell growth, elasticity and collagen production in the skin. The result of this is plump skin. This treatment can also treat acne, as it inhibits the growth of bacteria and viruses on the skin.

References

Richard Baxter, M.D.; Calidora Skin Clinics; Washington
Debra Jaliman, M.D.; Assistant Professor at Mount Sinai School of Medicine; New York, New York
Cheryl Karcher, M.D.; Donald Trump's Miss Universe Organization; New York, New York
Tina Cappiello; Miami Beach Plastic Surgery Center & Medspa; Miami, Florida
Janna Bowman; Janna Bowman Spa; Los Gatos, California