

## Light of Youth | Hi-Tech Laser Skin Repair



Aging is inevitable! We all know this. And in a place like Miami where the sun's rays pound the pavement everyday of the year, the aging process comes a little quicker than we would like. So what do we do when wrinkles begin to make themselves at home on our faces and bodies and give themselves names like crow's feet and laugh lines? Well, since the fountain of youth has yet to be discovered, there is another way of turning back time. And surprisingly enough, it does not involve surgery—just the wave of a wand. A laser wand that is. Nowadays, many people are using lasers to remove skin conditions like wrinkles, freckles or rosacea to name a few: For **Dr. Mark Nestor**, a dermatologist from the **Center for Cosmetic Enhancement**

[2925 Aventura Blvd., Ste. 205 | (305) 933-6716, [www.seace.com](http://www.seace.com)], laser treatment offers desired results with little or no downtime. And that is because the lasers are non-ablative.

"Most of our patients like the idea that they can have something done and then be able to go back to work soon after," says Dr. Nestor. "These lasers also offer an alternative to surgery."

And because the center also offers more than laser skin treatment, patients have many more options.

The treatments that Dr. Nestor offers at the Center for Cosmetic Enhancement include: **Thermage Tissue Tightening** | A non-surgical facelift using radio waves; **FAMI, Facial Rejuvenation** | To restore a full-faced, youthful look; **Photorejuvenation using IPL** | Intense pulsed light; **Botox** | Cosmetic form of botulinum toxin;

The **Thermage Procedure** is performed with a machine called the ThermoCool TCTM System, which has been cleared by the FDA for the non-invasive treatment of periorbital wrinkles and rhytids. This machine delivers a special form of radio frequency that tightens your tissue and pulls out wrinkles and loose skin. Unlike surgical tissue tightening procedures, the Thermage procedure involves

no surgical incisions, recovery time, or surgical complications.

**Intense Pulsed Light™ (IPL)**, skin treatments using the Photorejuvenation process, represent a breakthrough in age-defying skin care. This new technique treats skin damage non-invasively — there is no disruption of the skin's epidermal surface. IPL treatments address the effects of photoaging and sun damage with low risk of complications and no recovery time. This FDA-cleared, patented technology provides dramatic results for a variety of benign conditions, including age spots, sun-induced freckles, symptoms of rosacea, birthmarks, unsightly veins, acne scarring and other blemishes — even unwanted hair.

**FAMI [facial autograft muscle injection]** is a non-invasive process in which fat from one specific area of the body is used to give lasting changes in the deep and superficial muscles of the face. This procedure is developed in two stages: the first stage removes fat from the lower part of the body; the second stage is an injection of the fatty tissue in the muscle regions of the face.

**Botox**, cosmetic form of *botulinum toxin*, is a popular non-surgical injection that temporarily reduces or eliminates frown lines, forehead creases, crow's feet near the eyes and thick bands in the neck. The toxin blocks the nerve impulses, temporarily paralyzing the muscles that cause wrinkles while giving the skin a smoother, more refreshed appearance.

If there's more than just a blemish you'd like to remove, there are other areas to concentrate on, like hair restoration, tumescent liposuction, VNUS Closure, which is used to take away unsightly varicose veins, and the list goes on and on.

So now that we have this kind of technology at our fingertips, there's no excuse not to look our best. And since living in tropical South Florida requires us to show off our skin most the time with slinky bikinis, shorts and tanks, well, that's even more of an incentive.