

NEWBEAUTY

DOCTORS' ORDERS

One + Done

Britt Fallon | Spring Summer 2025

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The in-office treatments you only need once to experience transformative results that last a year or more. —Britt Fallon

THE GOAL:

Restore Lost Volume

When volume loss causes skin to sag, certain types of injectables can plump it back up, and for a longer duration. Unlike hyaluronic acid fillers, which dissolve and need to be replenished within six to 12 months, a bio-stimulating injectable called Sculptra offers longer-term volume restoration. "Sculptra is a collagen-stimulating injectable that lasts up to two years by gradually restoring volume and improving skin texture," explains Beverly Hills, CA facial plastic surgeon Kimberly J. Lee, MD.

THE GOAL:

Tighten Up Loose Skin

The next generation of tried-and-true ultrasound-based skin tightening is Ultherapy PRIME, which offers a 20-percent faster treatment compared to the original tech launched in 2011. "Ultherapy provides long-lasting remodeling of deep tissues and best addresses loose skin on the neck, lower face and jowls," says Studio City, CA dermatologist Gene Rubinstein, MD. "This is the most effective noninvasive treatment I have used for more than 10 years. The results may take three to four months to set in as the body's collagen-building process improves, but they can last about two years."

When loose skin from the neck down is the concern, doctors may recommend a minimally invasive body-contouring technology called Renuvion. "It uses radio frequency and helium plasma to contract the collagen bands that bring the skin closer to the muscle, revealing a more contoured appearance," explains Fort Myers, FL plastic surgeon Ralph Garramone, MD.

Renuvion is the only device that is FDA-cleared to be used after liposuction, and also to help improve loose skin on the neck. "It improves soft tissue anywhere on the body after liposuction, which is how it's most commonly utilized, but it can also be performed independently on its own," Dr. Garramone adds. "The most popular areas we treat are the arms, abdomen, neck and back."

THE GOAL:

Eliminate Sun Damage

Most laser treatments require a few sessions for optimal results, but some make a big impact with just one. Dr. Lee counts Fraxel DUAL among this group and praises its multiple benefits. "This is a fractional laser that creates microchannels in the skin," she explains. "We combine it with collagen-stimulating agents and super serums and antioxidants to repair damage and enhance skin texture for optimal results."

Dr. Lee says significant improvements can be seen after just one session, and the collagen stimulation can continue to improve skin for an extended period of time afterward. "However, many patients choose to repeat the treatment sooner due to their satisfaction with the results."