

# CitySmart



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# WHAT LIES Beneath

## NEW SKIN TECHNOLOGY GETS TO THE BOTTOM OF AGING SKIN

BY NICOLE SPENCER

Each era has had its symbol of wealth and status; today is no different. For the ancient Egyptians, it was dark lining around the eyes. For the Victorian era, it was powdered faces. Today, it's youthful skin.

Every few years, the beauty industry introduces new advancements in skin technology. From subtle non-invasive treatments to more enveloping solutions, both women and men search intensively to find the best ammunition against the signs of aging.

Will Richardson, M.D., associate of Las Olas Dermatology in Fort Lauderdale, believes that technology has finally perfected a method that literally gets to the bottom of lines, wrinkles, sagging skin and other dermatological problems. Created by missile engineer, Shimon Eckhouse, Elos TM (Electro-Optical Synergy) is the first and only combined energy treatment proven to successfully rejuvenate aging skin without harshness or side effects.

By working on the layers below the skin, ReFirme, the wrinkle reduction aspect of Elos, uses pure light, infrared and radio frequencies to tighten muscle and increase collagen production, helping to bring forth a more youthful appearance.

"People tend to see me in their late 20s or early 30s when they first spot those first lines," said Dr. Richardson, who is board certified with the American Academy of Dermatology. He is also an affiliate of the American Board of Specialties and American Society for Dermatologic Surgery. His practice is well known for treating patients with various skin problems including rapid aging. "It's around this time that skin appears less radiant. In our 40s, the support system which includes collagen and elastin begins to break down, causing wrinkles to appear more prominently. Skin is less hydrated and blood flow slows, making it look less youthful. By the time we are in our 50s, new cell production is at an all time low. Loss of muscle tone beneath the epidermis also causes skin to sag."

The system (which is only available in Florida), works similarly to that of a heat guided missile. The ReFirme apparatus is passed over the skin's problem areas, heating the under layers at various levels. Electrical energies heat blood vessels breaking down collagen beneath the skin. The collagen rebuilds itself more robustly, filling in wrinkles and causing the face to look fuller and younger. The combination of controllable energies treating at several levels makes it possible to treat fine surface wrinkles, while penetrating into the

dermis to treat more serious wrinkles—all within the same procedure.

At your first appointment, your skin is covered with a thin layer of jelly which helps cool the skin and act as a conductor. The ReFirme device is then moved across the skin inch by inch to ensure treatment of the entire area. The procedure, when done correctly, should be relatively painless with the patient feeling no more than a slight tickling or pulsing sensation. It is safe enough to be used around the eye. Even younger clients wishing to maintain their current skin condition are able to take advantage of this revolutionary technique.

"This combined energy treatment provides the patient with a safe way to reduce wrinkles at both the epidermal and dermal levels without the pain and long recovery times of plastic surgery or laser resurfacing," said Dr. Richardson. "Also, where laser treatments emit only one wavelength, ReFirme emits pure light energy of many wavelengths, allowing penetration to all levels of the skin."

Patients who have completed sessions boast fewer lines and wrinkles, smaller pores, the disappearance of age spots, smoother texture and brighter skin color.

It is recommended that a patient have five treatments total (one treatment every two weeks). The average patient will see results after the very first treatment. Each session lasts approximately 20 minutes leaving the patient with plenty of time to continue their day. Once all five sessions have been completed, Dr. Richardson suggests one maintenance treatment every six months.

To support the outer layer of the skin, Dr. Richardson suggests a topical treatment rich in peptides (which stimulate collagen) such as Kinerase. This is an important part of maintenance because the smooth,

plump appearance of young, healthy skin is due in large part to the presence of healthy collagen levels.

"The great thing about this method is that it is versatile," said Dr. Beau Bates, Regional Sales Manager for the ReFirme system. "This patented combined-energy technology of Bi-Polar Radio Frequency (RF) and light enable physicians to provide solutions for a broad range of medical-aesthetic applications including hair removal, wrinkle reduction, rejuvenating the skin's appearance through the treatment of superficial benign vascular and pigmented lesions, and the treatment of acne, leg veins and cellulite." ☐

It is recommended that all skin treatments be administered by a board certified dermatologist. For further information, contact Dr. Will Richardson at Las Olas Dermatology at 954.763.4331. [www.lasolasdermatology.com](http://www.lasolasdermatology.com).

