

SUPPORT GROUP

New ways to firm your skin

AS IF SAGGING SKIN IS GOING TO GET YOU DOWN!

For a solution more potent than a cream, but less invasive than a traditional face-lift, Dr. Patricia Wexler has the answer. "I'm a great fan of Ultherapy because it works," says the famed New York-based dermatologist to the stars. The treatment uses ultrasound wave technology to encourage collagen production (the building blocks of plumpness), and Dr. Wexler's also sworn by it personally for a decade. "It's a precise non-surgical procedure, the only one I know of where you can visualize the exact placement of the energy and the level of skin where you're placing it," she says.

Applied to the neck, jawline, eye and brow area, the subtle results develop slowly as the dermis tightens and lifts for a structural upgrade inside and out. Anyone who has noticed a loss of elasticity — or wants to prevent it — is a candidate.

With costs ranging from \$1,195 to \$2,900 for a full face, it pays to protect your investment. "You have to use the right products every day," Dr. Wexler says. Broad-spectrum sunscreen is imperative and rounding out a collagen-boosting squad with ingredients such as retinol, vitamins C and E, green tea, antioxidants and peptides will keep things on the up.

ULTHERAPY IRL

THE PATIENT: Beth Thompson, Editor-in-Chief

THE PRO: Dr. Sheetal Sapra of ICLS Dermatology & Plastic Surgery, in Oakville, Ont. "Think of this procedure as a tool in your maintenance kit, rather than a full-on neck lift," he says.

TREATMENT TAKEAWAY: You feel a series of zaps, like the snap of a rubber band (mild) to a needle jab (worst-case scenario). It takes about two hours for the lower face/neck area, but there is no downtime. You can carry on with regular activities but might experience swelling, muscle soreness and bruising, all of which I did.

CHECK UP: It takes six months to see full changes, though I can say one-month in that my skin is softer and more responsive to creams. *BT*

Remodels the Y-zone — that's your lower face, throat and upper chest — with extracts of leaf sap and shitake mushroom.

JOUVANCE CONTOUR+ NECK SCULPTING GEL CONCENTRATE, \$75

Designed to redefine, a micro-emulsion sinks into deep layers of the epidermis.

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Equal parts refreshing and rejuvenating, a cold foam melts into a firming gel.

KATE SOMERVILLE TIGHT 'N' CRYOGENIC TIGHTENING GEL, \$150



Root extracts of ginger, ginseng and ruscus create a 99 percent natural blend to help plump skin.

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Formulated to actively enhance skin's tension and volume while deeply hydrating.

LIERAC LIFT INTEGRAL SCULPTING LIFT CREAM, \$100

A peptide-rich shot at reducing sagging lids, with no petrolatum, mineral oil or silicone in sight.

KORRES BLACK PINE 3D SCULPTING, FIRING & LIFTING SUPER EYE SERUM, \$84



WHERE TO BUY

BIOThERM: BIOThERM.CA

JOUVANCE: JOUVANCE.COM

KATE SOMERVILLE: SEPHORA.CA

KORRES: BEAUTYBOUTIQUE.CA

LIERAC: LIERAC.CA

THE BODY SHOP: THEBODYSHOP.COM

ULTHERAPY: LOCATOR.ULTHERAPY.COM/CANADA