

beauty bank

Techno BEAUTY

new gadgets bring skincare to your doorstep

by sarah greenberg

The 21st century has brought us the advent of some incredible procedures and processes that make us look younger with a quick doctor's visit. This year, the market is taking it one step further with "over the counter" handheld technologies offering similar results without ever leaving your home.

Two devices that treat acne and individual pimples are **Thermaclear** (\$149, Sephora) and **Zeno** (\$159, Walgreens). Thermaclear jolts the affected areas with pulses of heat giving off a slight tingle and momentary sting. Zeno is applied on the affected area for two and half minutes. Both use heat to kill the bacteria that most commonly causes acne effectively combating those monthly hormonal spots that sometimes turn into mounds.

The **Galvanic Spa System** (\$258, nuskin.com) works by emitting direct electrical charges (i.e. Galvanic Currents) to infiltrate the skin, facilitating the transport of product ingredients. It comes with various conductors for the face, body and hair and can be used with almost any product, though Nu Skin, the product's manufacturer, sells various specially formulated treatments for thin hair, fine lines, and cellulite.

Another device that uses electrical currents is the **NuFace Facial Toning** device (\$379, mynuface.com), a handheld device that's FDA approved for cosmetic use in eliminating fine lines and wrinkles. The device has dual probes that emit alternating positive and negative currents. These "Microcurrents" that give a slight tingling feeling are supposed to stimulate skin cells to increase the number of elastin fibers, collagen thickness, and ultimately produce a firmer, tighter feeling on the skin's surface.

Light therapy is also an area that has been taken into the home. The **Tanda Regenerate Anti-Aging Light Therapy** uses a natural LED light (\$275, Sephora) and **PerriconeMD's Light Renewal** device (\$335, Sephora) uses Red and near Invisible Infra Red to treat wrinkles and fine lines. The way it works is that as light penetrates the skin tissue, it targets cells to generate energy, enhancing the production of collagen and elastin.

"LED, and electrical currents, at least in theory, may be able to increase blood flow, reduce inflammation and stimulate new collagen growth," confirms Dr. David Schlessinger who specializes in Ophthalmic Plastic Surgery and Aesthetic Eyelid Surgery at Schlessinger Eye and Face in Woodbury. "There is some evidence that these devices can plump up skin and reduce the appearance of fine lines and wrinkles. However, they provide minimal results and only after weeks or months of use."

"These modalities have been used in physician offices for years," adds Dr. Adam Bodian, Cosmetic Dermatologist and Director of Bodian Dermatology & Medical Day Spa in Great Neck. The greatest difference, he says, is "that an MD device is many times more powerful than a take home one. The devices we use are pushed to the limit to deliver results without scarring."

Naturally, in office procedures with an MD will likely expedite the process and possibly offer greater results. But now, the option is yours to start the process of skin control at your convenience with products that may be just what the doctor ordered. |

