



FIRMER, TIGHTER SKIN

People who wish to tighten loose skin on the face, neck, abdomen, or arms may benefit from light-based technology. The FDA-approved Titan laser, which emits infrared, nonablative light, is a less costly and less painful alternative to another non-surgical option. Thermage, a radio frequency device that has caused some depressions in the skin and loss of underlying fat padding. During the Titan treatment, light pulses on the skin for 10 to 60 minutes. Though it cannot firm the face as dramatically as a face-lift, says Barry DiBernardo, a plastic surgeon in Montclair, New Jersey, it can lift and tighten skin around the jawline and neck with one to five sessions, a month apart.