

A wrinkle-reducing treatment that works!

July 17, 2013

When you want real results, sometimes it pays to see a professional



We've said it before, and we'll say it again... We'll try just about anything (at least) once to thwart signs of aging. Despite a vanity overflowing with lotions and potions, we have absolutely no qualms about office-based procedures (we've tried plenty of those, too), and our most recent foray into high-tech anti-aging was [Pellevé®](#).

Thanks to Weston, Florida facial plastic surgeon [Ryan Greene, M.D.](#) (who also has a Ph.D. in philosophy, which we think is pretty cool), we tried this radiofrequency treatment that works by heating the collagen in the lower layers of the skin, in turn helping to tighten everything up. First and foremost, Dr. Greene emphasized that Pellevé does n't offer instant results, and you see optimal improvement roughly 3 to 6 months after 3 treatments. (But on the plus side, it does cause some very mild swelling for a day or two that has you looking better when you walk out the door—making it a good option for some freshening up before a same-day event.) The ideal patient is in their 30s through 50s, and it can also help give your brows a little lift and even prevent future wrinkles by keeping your collagen in tip-top shape.

Upon settling into the comfy treatment chair, a grounding pad was placed on our lower back to prevent any shocks (like the ones you get in winter). Then, we got a pre-treatment cleansing that rivaled any facial we've ever had, and we were off. Using a handpiece along with a thermometer that ensured everything heated up to the proper temperature, our face was treated one area at a time, starting on our forehead and moving in a clockwise direction, ending with our upper lip. For the most part, all we felt was warmth, although we got a few “zingers” around our eyes. The whole treatment took less than 45 minutes from start to finish, and we definitely looked refreshed immediately afterwards. As an added bonus, our skin felt much tighter. (But in a young way, not a dry way.)

So would we go back for another treatment? Absolutely. It's safe, and it works, as long as you give it the time. And the fact that it helps prevent new wrinkles from cropping up, we're totally sold.