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Wednesday, March 22, 2006



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GOOD ALTERNATIVES

NEW WAY TO TONE, TIGHTEN YOUR SKIN

Treatment spares you plastic surgery prices

Yearning for silky smooth healthy skin? For those who don't want to spend a fortune on plastic surgery and have tried laser lights, magic mud, potions and procedures, all to no avail, there is a new option.

As far as facial products and treatments go, you name it, and Cathy Casey has tried it.

Casey, who describes herself as a perfectionist, said no matter what she tried - wrinkle eraser cremes, mud masks, botanical ointments - she was always dissatisfied with the outcome.

"It was all a waste of money," she said.

But on Dec. 21, she found the "miracle" treatment she was looking for in the Titan Procedure, a new skin tightening treatment offered at Luxe Med Spa in Hanover.

"I think it's just awesome," said Casey, 50, of Whitman, whose husband owns a construction company in Abington. "I just couldn't believe the difference and it was so easy. I would definitely do it again."

The non-invasive, non-surgical procedure uses infrared light and a gel, similar to that used in ultrasounds, to both cool the skin and deliver heat deep below the surface in order to stimulate new collagen production. As the collagen increases over time - some patients see results immediately, others need a couple of months - the skin is toned, lifted and tightened.

The procedure can be used for the face, abdomen, arms and thighs, said Phyllis Tedeschi, a registered nurse who administers the procedure at Luxe.

While it is not cheap - it will set customers back about \$1,800 per treatment - it's a far cry from plastic surgery, which can cost



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in the tens of thousands of dollars.

Most people need just one treatment to notice a difference and it lasts up to two years, Tedeschi said.

While some people experience mild tingling during the one- to two-hour treatment, the procedure does not require anesthesia or the recovery time of surgery, making the investment seem minimal for those who can afford the luxury.

Tedeschi said skin may be slightly red afterward, but "it goes away in a day or two."

After her first treatment a few weeks ago, Casey put on her normal makeup and went to lunch with her sister the same day, feeling as good as new, and looking that way too.

"It made my face glow. I was in awe at first," Casey said. "Some of the wrinkles (I had) were very pronounced, but afterwards, they weren't as deep and the creases were less noticeable. The biggest difference though was the skin under my neck and sagging around the eyes. Even my sister said, 'you look like you're 35!'"

Luxe Med Spa Inc. is located in the Hanover Wellness & Medical Center at 20 East St. The spa is running a special through Jan. 31 - \$200 off for new customers, with discounted additional treatments. For more information, visit luxemedspa.com or call 781-826-5893.

- Lindsay Taub
For Living Well

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