

Diary of My Non-Surgical Facelift

AS SEEN ON "OPRAH" AND, NOW, MY FACE

BY LAURIE YARNELL

Okay, I'm at that age where I am beginning to notice that some of my acquaintances have started to come back from mini-vacations looking extraordinarily "rested." For the record, I am not anti-plastic surgery. What I am, however, is a chicken.

So when I was offered the opportunity to experience the Bio-Ultimate Age Defying Facial treatment (the so-called non-surgical facelift touted on *Oprah* and *Queer Eye for the Straight Guy*), it seemed a perfect opportunity to get some gain-without-the-pain.



collagen, then serum, and finally cream into the skin. The session concludes with yet another collagen application and then a micro-current face mask on top; during the 20-minute the mask remains in place, I received a shoulder and neck massage.

There's really no post-procedure downtime—I

looked fine and even a bit glowing after each session. And as far as the pain thing, the procedure is just fine for us chickens. I experienced pain near my hairline, a "sensitive spot," but after I jumped off the table, the current was adjusted and I was fine. What was a hardship? The investment of time (18 hours of treatments plus travel time) required to complete the recommended series of two sessions per week for six consecutive weeks.

So was it worth it? You can decide for yourself. But friends who I kept in the dark actually commented that my jaw line looked firmer and my eyes looked "more opened up." According to Shannon Barrett, former owner of The Center for Beautiful Skin, where I was treated, results of a six-week series should last up to two years, provided clients return for one or two sessions a month (those cost an additional \$225 each). But White Plains and Manhattan-based cosmetic derma-surgeon Rhoda S. Narins, MD, a clinical professor of dermatology at New York University Medical School, says that while this procedure may give temporary results, results are never permanent. "It may make you look a little tighter, like a facial before a party," she says, "but any benefit is fleeting."

THE BOTTOM LINE: Personally, for the investment of time and money, I'd rather go under the knife and get it over with—and have longer-lasting benefits.

COST: \$2,400 for a series of 12 sessions or \$225 per individual session.

WHERE TO GO: The Center for Beautiful Skin (300 Martine Ave., White Plains 914-285-7217; www.centerforbeautifulskin.com)



This non-invasive procedure promises to lift and sculpt the face, firm and tone the skin, and reduce the appearance of fine lines and wrinkles by using an electrical current emitted by a piece of equipment that's just a little bigger than a breadbox (the Bio-Ultimate Gold by Bio-Therapeutic, Inc.).

Each session lasts about an hour and a half. After the aesthetician cleans and tones the skin (I loved that yummy papaya scrub), she uses a stainless-steel probe or wand to deliver the micro-current. First, she preps or warms up the face muscles by kneading them, and then she increases the amount of current and repeats that motion to "exercise" or strengthen the muscles. For the next three steps, she uses a feathering movement with the probe to "penetrate"